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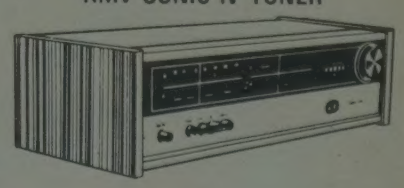

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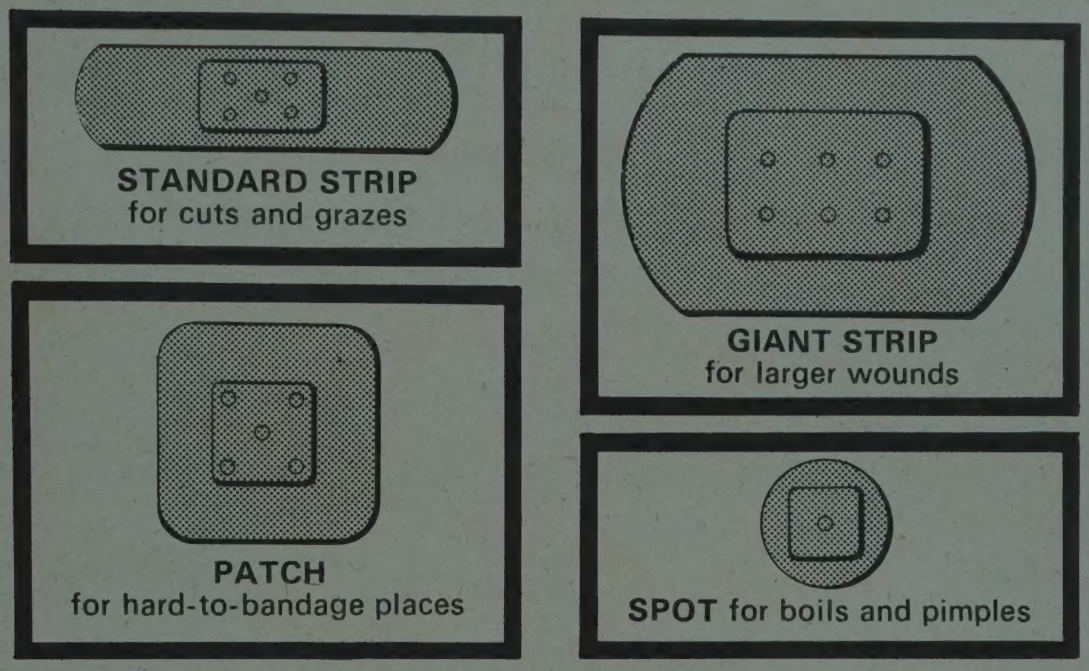

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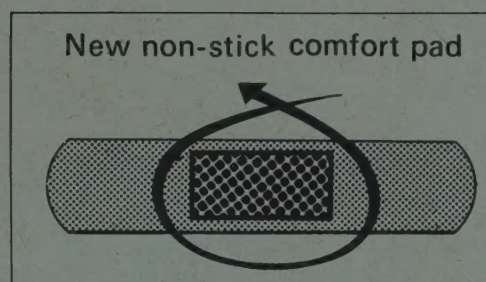

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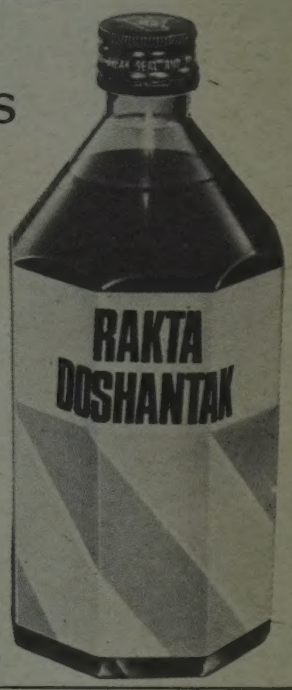

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PROTIMA BEDI

Born October 12. Schooling at St. Joseph's, Panchgani and college at St. Xaviers', Bombay. "Tremendous" on the sports field. Has modelled for several years. Interested in interior decoration. At present going through intensive course in Sanskrit and studying classical Indian vocal music under Pandit Jasraj. Has been commissioned by the Bhulabhai Memorial Institute to write biography of her Odissi guru, Kelucharan Mahapatra, to be ready by the end of this year. Hopes to start an ashram in the old style of ashram, where students will stay, learn and eat free, with no financial worries

Photograph : Farokh Reporter

VOL. XXXIII NO. 8 BOMBAY

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FROM MODELLING TO ODISSI

Protima Bedi's public image has undergone a startling change — the wild days seem to have given way to a more subdued lifestyle of hard work and dedication to the Odissi dance form.
Page 11.

NO SMOKING PLEASE

It is incomprehensible why more women do not give up a habit which has been proved to be so harmful to them and their children.
Page 16.

WHO'S GOOD-LOOKING?

A light-hearted survey among a cross-section of people about their concepts of good-looking.
Page 28.

SEX DURING ILLNESS

A prominent Bombay sexologist writes about the do's and don'ts of sex during and after some of the major illnesses and at other special times, like pregnancy.
Page 35.

SIMONE DE BEAUVOIR

Simone de Beauvoir's 'The Second Sex' is considered one of the most extensive and candid assessments of women through the ages.
Her view of the situation of women today.
Page 44.

ALSO

Book Nook : "Reason Wounded" and "Indian Women Today" — **Page 15** Artist of the Month : Meera Devidayal, creating harmony out of urban chaos — **Page 25** Film Interview : Premnath as seen by his sons — **Page 39** IYC Feature : Our priorities have been all wrong — **Page 40** Special Report : Seminar on Women and Development in Kerala — **Page 46** Profile : Dr. Neelavathi, Director, Institute of Indian Medicine — **Page 42.**

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YOUR PAGE

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1st PRIZE

EXPLOITING THE SITUATION

Ironically, on the eve of the International Year of the Child a mass tragedy involving the deaths of 37 children has occurred near Sivakasi. A bus carrying about 52 children, in the age group of 10 to 14 years, for work in a match factory was washed away by floods. Utilization of child labour in match factories and mines is common, as it is not only cheap but also easily available. In the event of accidents, even payment of compensation is not necessary, it appears. Very convenient, isn't it? Thanks to the teeming millions, employment of child labour is rampant in our country, although the constitution of India forbids it. No amount of legislation can rectify this situation as long as Family Planning is not practised by the poor, who form the bulk of our population. Burdened with large, unwieldy families, the poor hire out their children at an early age to earn a livelihood. They have no choice, as mere survival itself is a struggle for them. Earnest advice to them to restrict the size of their families for their own good, will fall on deaf ears and one will only earn their displeasure. Avaricious employers exploit the situation to the full.

As you see, there is a strong tie-up between child labour and Family Planning and the latter holds the key to the solution. The urgency of Family Planning can no longer be ignored, which, while ushering in an era of prosperity and plenty, will raze to the ground malpractices such as child labour and others, dealing in the exploitation of children.

MISS E. DHAMAYANTHY DEVASUNDARAM, Madras

Yet another obnoxious term: Child Labour. It is criminal to want to exploit young minds and bodies and prey upon the helplessness of poverty-stricken families. Indeed, the proliferation of children and the lack of food and amenities are clearly responsible.

We do agree that family planning is of prime importance and certainly cannot — should not — be ignored.

2nd PRIZE

EQUALLY RESPONSIBLE

The recent incident of the kidnapping of a day-old baby from a Delhi hospital by a barren woman who was under the threat of a divorce from her husband, focuses attention once again on the curse of barrenness and the extent to which a woman can be driven, so that she may not lose her 'patidev'. This specific incident is more pitiable because it involves a literate working woman. The fact that the woman in question carried out the kidnapping with a well-laid out plan to pass off the baby as her own, shows that her husband was not just interested in acquiring a baby but wanted that his wife should bear his child. Otherwise, they could have adopted a child from an orphanage. This goes to prove that though the crime has been committed by the woman, the motivating force behind her action is her desire to hold on to her husband who has threatened her with divorce on this score. I would consider the man equally responsible. I do not know whether the matter will be viewed purely as a case of kidnapping or a merciful view will be taken considering the intentions of the unhappy woman. I would certainly advocate that a lenient view be taken, notwithstanding the agony caused to the real mother.

S. VAITHESWARAN New Delhi

Who knows the feelings of a woman about to lose everything: her home, her husband, her social milieu, her entire world of security? It is easy to advise women to stay firm and resist male/social pressures, but when it comes to the crunch many a woman is unnerved, often helpless. Still, all we can say is the woman must learn to live by herself, so that she can live with herself. . .

3rd PRIZE

TRAPPED FOREVER

Overhearing a young woman, in a train compartment, discussing with her friend her divorce from a drunkard, wife-beating husband, one of the women, seated nearby, pointedly commented to her companion that a woman need not be so critical as to divorce her husband for drinking too much. Men will drink. Women, according to her, had to remain 'submissive'.

Don't sit in judgement, dear lady; possibly, you would prefer getting black and blue under the blows of a drunken husband, to the stigma of a divorce. Possibly, your spirit would never rebel against the humiliation of repeat performances of such butchery. People, especially women like you, could help admirably to make more and more women unhappy and miserable. To keep them trapped forever under the respectable cloak of marriage. To force them to smile, when they wanted to cry. I begin to wonder now, how many women are really emancipated — at least mentally, how many have the foresight for the future of womanhood; how many can understand and appreciate the changed values. Double standards will remain and inequality between men and women will not lose its antiquity where women themselves support male chauvinism.

One does not suggest a divorce for the heck of it. But surely, all women have a right to self-respect. We certainly have a long way to go to make our women realise it.

THRITY E. BHARUCHA, Bombay

It is true that women of the older generation believe in the theory of docility and submissiveness of the wife. To them, the husband is still lord and master, never to be criticised or flouted. But now, increasingly, women are realising their own individuality, their own feelings, their right to live and breathe freely... and this is the beginning of emancipation.

REACHING OUT

Today an educated young girl finds that her career and her married life go side by side along parallel lines and the two run effectively, too. But when a young working mother also has the responsibilities of motherhood, she definitely needs extra help to look after her child and also manage her job effectively. Who can help her? Grandmother? Relatives? Or servants, creches, friends? All these possibilities exist.

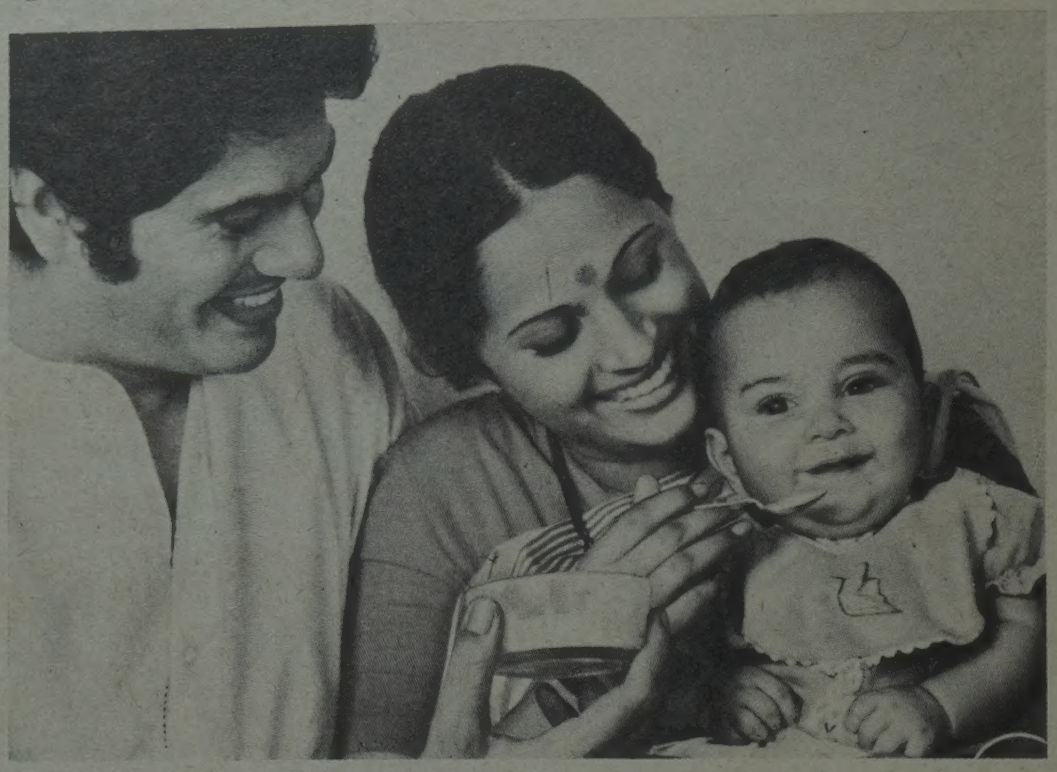
But where no close relatives are available, many mothers are reluctant to entrust their children to servants or ayahs. Looking after a young child is a delicate job and the child's psychological needs also have to be satisfied. Creches and servants may not always be able to cater to these needs.

If any woman has leisure and all facilities at home, she could offer to look after some working mother's child when she is away at work. Anyone who is willing to undertake such a job should publicise in her locality that she is ready to render such services. By using her leisure in this way, she will be helping herself and also the working mother who will feel more secure leaving her child in a cosy home where there is informality, affection and kinship. Such an arrangement can be a double blessing — making the vacant hours meaningful (and profitable) to the woman who offers to look after the child and relieving the psychological strain of the mother who has to leave her child, for several hours each day.

YASHODA BHAT, New Delhi

We have often given space to this idea: women reaching out to other women with a helping hand and, in turn, helping themselves. In time to come, with more and more women leaving their homes to work outside, this will be an ideal solution.

After 3 months, milk alone is not enough.



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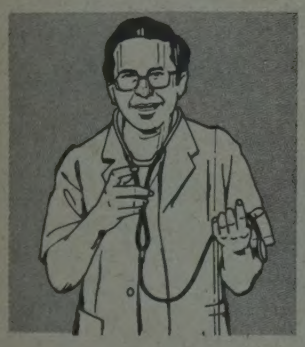

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READERS' VOICE

Most articles raise a question, a comment or at least a criticism. Write them down and mail them to us!

MIDWIFE DADS

I think the job of delivering babies should be left with the mother and her doctor and that the husband should be kept aloof from this awkward situation. "A farmer cannot be a pilot over night" and vice versa. Likewise, the thought of a husband doing this job is most unpleasant. If the experiment is made in India, the husband will become unconcious during the birth of the child and the doctor will have divert his attention first to the husband and then only to the delivering wife. I do not find any psychological bond in this new experiment. On the other hand, the husband is likely to lose the charm of sex. The anxious husband in India does prayers outside the labour room by which our deliveries are becoming more natural than other advanced countries of the world.

N. U. PAI, Cochin

It was thrilling to read about midwife dads. But who are you kidding? Have you heard of any Indian father expressing a desire to be with his wife during the birth of their child? I have not, for the simple reason that the husband packs the wife off to her parents' place and relaxes comfortably, awaiting the news of the birth of the baby. It is the mother and father of the girl and even the brothers and sisters who are with the mother-to-be when she is suffering, and it is her parents who foot the hospital charges and finally are expected to give the new born gold and silver. When this is the state of affairs prevailing in most families, how can you expect the Indian father to act as a midwife? The father is not involved at child birth. I am commenting about the experiences of my generation. I am sure husbands nowadays, though they may not be able to act as midwives, will at least be at the bedside of their wives to share the anxious moments during and happiness after child birth. This strengthens the bond between father, mother and child.

SHANTA DYNTHIKAR, Neyeli

WHY BE A MOTHER?

In a child-oriented society like India, is there a choice about whether to opt for motherhood or not?

U. S. RAO, Bombay.

HAUTE COUTURE

The last paragraph of the article, "High on 'Haute Couture'" in your issue dated February 3, runs as follows, and made me think :

"A model may be of any colour or creed or nationality, but if her looks fit the standard requirement for mannequins — i.e., minimum height 5'8", lean, thin figure and authentic looks — the sky is the limit for her professional development. All it needs is discipline and dedication to the task at hand. I only wish more of our girls would emulate Kirat."

The first few lines act as a ray of hope for any girl satisfying the height expectancy. I must say these few lines did set me (my height is 5'8") and I don't know how many girls like me, daydreaming. But coming down to earth — I must say that the sky is **not** the limit for such a professional development. Many things have to be taken into consideration. For example, there are financial difficulties — not everyone can afford such extravagance. Secondly, many beautiful girls just don't know where to start, who to contact etc. If they go to the advertising agencies, they are lured into going out for dinner etc. with the so-called bosses. So you see, you need a godfather to bring you into the modelling world. These and many other difficulties are encountered by young enthusiasts. Otherwise do you think they would work as stenos, typists etc., in offices?

M. VIEGAS, Bombay

NEXT WEEK

ISSUE OF MARCH 3, 9979

GRASS WIDOWS

More and more jobs require travelling these days and many women find themselves stuck without husbands for frequent and long stretches of time. Some cope admirably, finding careers or other activities that keep them absorbed and happy. Others, however, have tremendous problems. Interviews with both sets.

CHILDREN'S HOMES

A survey of children's institutions in Delhi.

LISTEN TO THE DEAF

Attitudes to handicapped persons are usually distorted by an ignorance about their particular handicaps. For example, teachers of the deaf are often asked if they can read braille and it is often assumed that the deaf are dumb! Focus on the special problems of the "hearing impaired".

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PROTIMA BEDI

From modelling to Odissi...

It's not a publicity stunt!

Kalpana Sen

Odissi, the classical dance of Orissa, is said to be the oldest dance form in our cultural heritage and its origins have been traced back to the second century B.C. The dance of the "devdasis", which has survived through the centuries in the frozen form of incredibly beautiful stone sculptures in the temples of eastern India, has only recently come to life on our stages. The phenomenon of this revival in many ways typifies India, which is very young as a nation and yet ancient in its heritage.

There are very few qualified teachers of this dance form outside Orissa, and most of them are students of Guru Kelucharan Mahapatra, who is the last of the great traditional Odissi teachers. Protima Bedi is one of this fortunate handful of students of the great master, who has launched herself not only as a competent exponent of this dance form but also as a teacher.

Protima has just started her own little school at the "Prithvi Theatre" in the suburbs of Bombay at Juhu, with an initial group of twelve students. The youngest is four and the oldest is thirty two. She hopes to have another centre in the city soon. This school has the blessings of Guru Kelucharan, who initially prompted Protima to start teaching what she had already learnt from him. The Guru will himself come to Bombay twice a year to inspect this school in order to ensure that the purity of style is maintained.

Protima was first introduced to Odissi only a few years ago, when she saw a performance at the Bhulabhai Institute auditorium, by a couple of Guru Kelucharan's students. She was so enraptured by the performance that she immediately flew to Bhubaneswar to have an audience with the Guru. Initially, he refused to accept Protima because of the scandalous publicity surrounding her. Her persistence and her transparent sincerity made him relent, but she was again estranged from her Guru, after her divorce from Kabir Bedi. Ingrained as the Guru is in traditional morality, he is said to have asked her "to remarry and come back as a decent married woman." After much persuasion (she claims to have sat at his feet silently for days) Guru Kelucharan again accepted Protima, but insited that his name should not be associated with her in public performances.

In order to have made herself acceptable to her Guru, Protima has completely changed her life style. She has given up smoking, drinking, and attending late night parties. She also dresses in a subdued fashion. Considering that her conditioning has been so different, with a completely westernised upbringing, she claims to have had to fight many "battles" within herself. But, in the end, she "always gave up anything which conflicted with (my) dance".

The general reaction to Protima among professional artistes has been adverse. The reasons could be varied. Perhaps because her name did not go with classicism. When she took to Odissi everyone thought it to be a cheap stunt. When Pandit Jasraj took her in his ballet, "Gita Govinda", people resented her. They could

Continued on page 47

Photograph Farokh Reporter

Step in the white direction

New Formula

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Unmatched for its cleaning power, its lather, its fresh perfume. And dazzling whiteness.

Det white is dazzling white

BEAUTY BULLETIN

TOO LAZY TO EXERCISE

I am 41 and have started putting on weight. I have a good collection of books on exercises, but my problem is that I am too lazy to get up in the morning and start exercising. At night I am too tired after returning from office. Any remedy?

L. S. (Calcutta)

Many middle-aged women — for that matter, others too — just will not exert themselves as far as exercising goes. They can always walk a few miles or take up some outdoor game. They do not realize that those who exercise daily will remain healthy and youthful longer.

You have to be active to get rid of the extra fat — and this cannot be done by being lazy. You don't have to find an excuse for avoiding exercise. You say you are too rushed in the morning and cannot spare time and at night you are too tired after returning from work. Why don't you pull out of bed half an hour earlier? Surely you can find ten minutes to ensure your figure against overweight.

It is easy to avoid those awkward bulges, but once they set in, it is difficult to get rid of them.

Try this to wake you up.

Stand tall with arms lifted. Pull in stomach and bring the torso and arms forward. Hold tummy in, and slowly bring torso back to first position. Relax and repeat. After doing this you will find it easy to exercise.

SUPERFLUOUS HAIR

I am 20 and have hair on my arms and legs. I want to remove it at home. Please advise.

J.M. (Ahmedabad)

You can get rid of the superfluous hair by waxing — use either cold wax or hot. With the spatula spread the wax on the area to be defuzzed. Place a strip of gauze over the wax and press lightly. When the wax is hard (this will take a couple of minutes), take the edge of the strip and pull against the direction of hair growth in one swift movement. Repeat till the entire area is free from hair.

The hot wax method is similar but the wax is first heated and then cooled to body temperature. It is applied in the same manner as the cold wax. Hot wax can be reused but not cold wax. I suggest that you have this done at a beauty parlour the first time so that you know the method.

REMOVING UNWANTED HAIR

You can shave your legs to remove the unwanted hair — it is the easiest and quickest method.

POOR POSTURE

My height is 5' 7" — my friends envy me because of my height. But I am conscious about this and tend to slouch. Please suggest a good exercise for my posture.

A.S.S. (Chandigarh)

Here is a useful exercise for good posture but you must do it regularly for a couple of months till you see results.

Stand against a wall so that your head, shoulders, spine and heels touch it. Remain in this position and pull your stomach in. Hold for a count of 10. Relax. Repeat for about ten minutes daily.

PERSPIRATION PROBLEM

I have a very embarrassing problem — I perspire profusely with the result that my underarms become stained with sweat. Also my palms perspire a lot. Please advise.

S.M. (Madras)

The overactive glands make excessive perspiration your problem. You should use an anti-perspirant or a deodorant. The latter will just mask the perspiration odour. An anti-perspirant will stop the flow of underarm perspiration which is diverted to another area of your skin. If your problem is not very acute, a deodorant will suffice.

But before using any of these see that your armpits are clean and free from hair.

You could wear shields under arms to prevent your clothes from soiling — these can be stitched at home.

When your palms sweat profusely, apply cologne to them; even a deodorant will help.

BLEACHING HAIR

I have a growth of hair on my upper lip. I do not want to wax it or go in for electrolysis treatment. I want to bleach it. Can I do this at home?

S.D. (Delhi)

For bleaching hair, take three tablespoons of hydrogen peroxide and to this add three to four drops of ammonia (20 vol.) and enough bleaching powder to make a paste. Apply this on your upper lip and allow it to remain for about five minutes. Then rinse off.

Check the colour of the hair. If it has not bleached, apply a second coat. If the growth is thicker a third coat may be necessary.

PAPER PATTERN-5

Sheroo Cooper

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Bust = 86.5 cms.
Waist = 68.5 cms.

See for the pull-out in this issue for the actual size paper pattern and instructions.

Exclusive 100% pure silk satin sarees.

*Garden**

BOOK NOOK

What is being written by or about women?
On this page every month we bring you a review of some of the books published recently.

REASON WOUNDED by Primila Lewis; Vikas Publishing House; Price Rs. 45.

Most of the post-emergency pot-boilers threw up more smoke than substance and in the ensuing fog the few serious books written went relatively unnoticed. Fortunately Primila Lewis' **Reason Wounded** comes after the smoke has subsided, and emerges as perhaps one of the most significant books about the period. It deals not merely with politicians, events and issues but with social conditions at the grassroot level — conditions that caused the people to revolt against the established order, conditions that led to the emergency being clamped, the social conditions that remain unresolved even today despite the changes in the political structure.

Primila Lewis is a person who has not developed a glass eye to her surroundings, one whose "soul feels wounded when reason is wounded". Apalled by the injustice of the social and economic conditions in the district of Mehrauli, outside Delhi, she sets out to awaken the people's consciousness to spur them on to demand their fundamental rights so that they may regain their dignity as human beings. The book tells of her struggle alongside the people which led to her subsequent arrest under MISA and of the period she spent with the prisoners in jail.

It did not take long for Primila to realise that "no rights or freedom were ever 'given', they had to be fought for and won". When she went to consult the Labour Ministry for the legal rights of the unorganised agricultural labourers she was bluntly told that paper laws exist but the only way to get them implemented is by organising protest through unity. In the words of the Ministry official "unless the baby cries how can the mother give it milk?"

Even as Primila set out to organise the workers into a union, she made it clear that their union was not going to be "the usual shop-keeping bargain counter" but rather the beginning of "a process of social and economic transformation." The people would have to be actively involved in their own struggle. "Nothing would be done for them. We would, at the start, certainly do everything with them but eventually they must learn to do it for themselves. Our task was to help them learn to find a voice."

Barely had the union begun to learn how to handle confrontations with the authorities when Primila herself was beaten up, and later arrested under MISA. She recalls that "my own instinctive need from the first moment of my detention was to reach across, to establish some human link. The prospect of losing all identity as a human being, of becoming a number, an abstraction, an object, was terrible." And she found herself thrown together with people who had become just that: women who had lived in the same cell for 7-8 years, who felt each others pain and depended on each other for company, yet lived alienated from and hostile to each other because of the jailors policy to "separate, divide, isolate; to weaken, and break the potential for solidarity, mutual support and trust."

The women prisoners lived in appalling conditions, were beaten, raped, denied medical attention and forced to do menial work for the wardens in return for which they received nothing more than the privilege of backbiting against each other. In a retrospective mood, one of them admitted that they were their own worst enemies. "If we could unite, if we could speak with one voice, we would solve the problem. But that is just what we cannot do. We are too foolish, too selfish and afraid. If one of us speaks out no one will back her up. If one steps forward the rest will step ten paces back. Let the one who sticks her neck out risk the noose, why should the rest of us?" Primila found it near impossible to forge unity among them and was forced to the somber conclusion that "there is no more helpless being than the longterm prisoner".

Primila's release was as sudden and as inexplicable as her arrest. She leaves jail with a cloud of concern for the people with whom she was "arbitrarily thrown together, arbitrarily separated". And it is this concern that creeps into almost every page of the book that makes it not just a document of indictment, but a haunting account of the unchanging, and perhaps, the unchangeable.

INDIAN WOMEN TODAY by Dr. Girija Khanna and Mariamma A. Varghese. Vikas Publishing House. Price Rs. 50.

A dismal example of bureaucratic minds toying around with a research project. For surely one can expect that two years of research, combining the intelligence and specialised training of a doctor and an educationist on a subject as ticklish as women, would come up with more than merely tagging percentages on to hackneyed notions. Unfortunately, however, **Indian Women Today** by Dr. Girija Khanna and Mariamma A. Varghese does little more than just that, and that too is coloured by such specious reasoning as to project an image of women that suitably conforms to the authors preconceived ideas of what an Indian woman should be. Thus the real woman is stripped of any flesh and blood individuality to become a mere plug in the researchers collection of stereotypes.

The authors dole out such profound wisdom as "whether a person makes a success of marriage or not depends more on the individual then on the type of marriage" when speaking of love versus arranged marriages; or "the understanding and friendliness which the husbands had shown after marriage made adjustment to marriage easy and pleasant" going further to qualify it with a statistic — "86 per cent had easy marital adjustment where the husbands are always understanding?" But do we really need researchers to tell us this? Despite todays preoccupation for a scientific evaluation of the commonplace, one is tempted to question whether such research is justifiable in terms of the time, money and talent spent on it.

It is not merely the banality of the arguments that is irritating but the constant projection of the prosaic as the ideal for womankind. A woman with a mind of her own is portrayed as being doomed to unhappiness and frustration. To quote them "the more educated a woman is especially after a certain level of education, the more complicated her married life becomes. She becomes less compromising, more independent in her views and more preoccupied with intellectual pursuits. This causes frustration in married life." And again "the more freedom one enjoys the higher the divorce rate." We are told that more than five per cent of professional women are always on tranquilizers" (a questionable statistic) and that "emancipated women become easy victims to artificial modes to relieve tension," while "the less sophisticated look within to discover their own strength to tide over a crisis." Are the authors displaying a bias against professional women? Are they advocating a return to ignorance and illiteracy as some kind of salvation?

Women held up as models are not only expected to be brain-less but also feeling-less, at least as regards themselves. Speaking about her sex-life with her husband, one woman remarks "I feel most happy when he is happy" and is given a neat little pat on the back by the authors who conclude that "such women who have completely renounced their feelings and think only of their husbands can be happy in marriage in spite of not enjoying sex." One wonders what the authors' definition of a happy marriage is. Is it one in which the wife plays doormat for the husband to rub off all his hang-ups against?

It pains this reviewer to pick holes into a thesis that has obviously taken much effort and labour. Graphs, diagrams, statistics, all bear ample evidence to this. If only the authors had applied a more open-minded approach to breaking away from the dogmas of tradition, a more realistic portrayal of the Indian woman of today might have emerged. As it stands, I believe too strongly in the future of womankind to accept their thesis as valid.

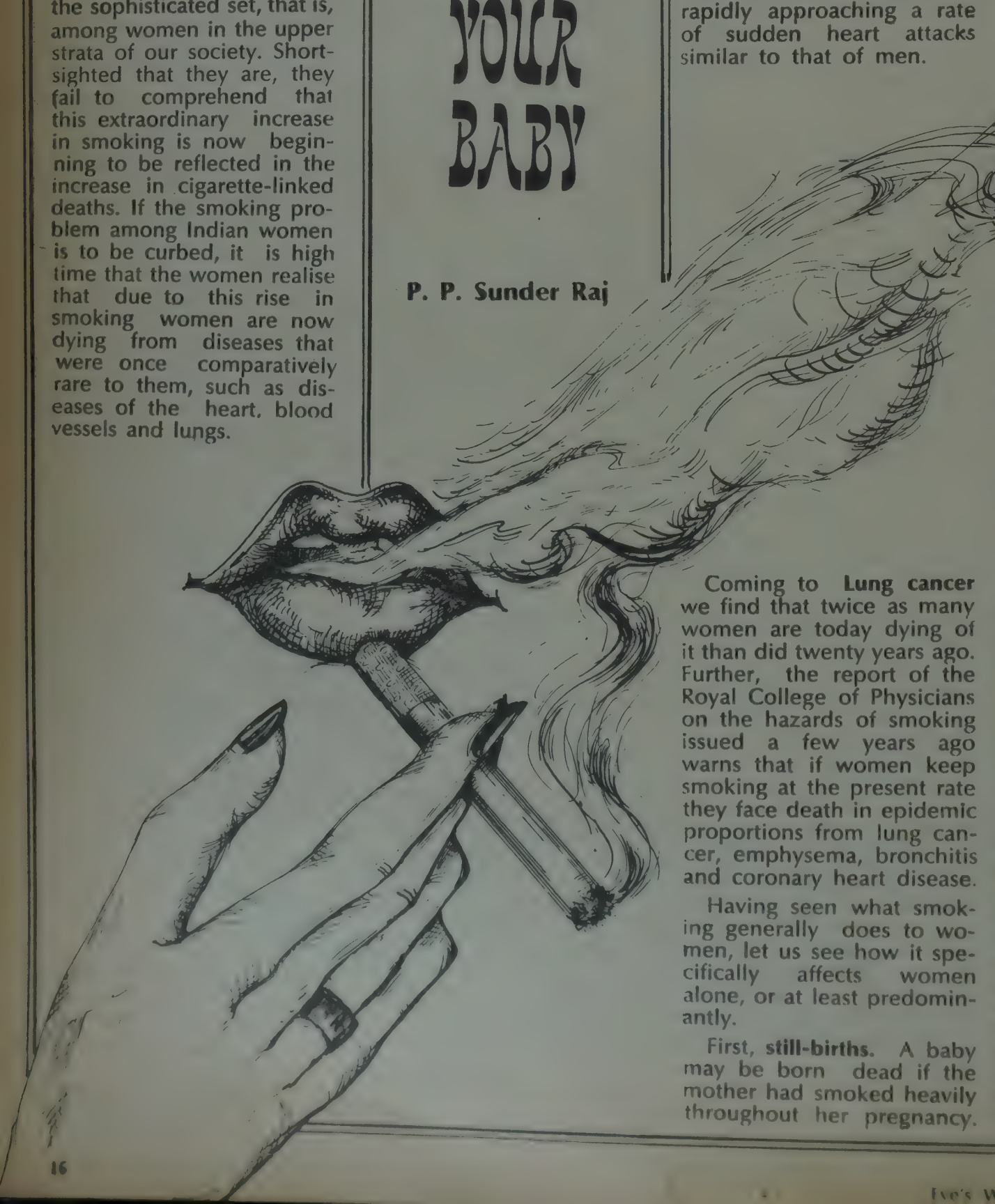
Meher Pestonji

YOUR SMOKING CAN HARM YOUR BABY

P. P. Sunder Raj

In spite of the evidence piling up against cigarettes, women are taking to smoking in increasing numbers all over the world. Studies in Britain indicate that over the past four decades there has been a six-fold increase in the number of women smokers. In America, it is worse. Accurate statistics are not available for Indian women, but it is clear that smoking is on the rise, even if not as much as in the West. However, this does not justify complacency because it will not take too long to reach that stage.

In India smoking seems to be fashionable among the sophisticated set, that is, among women in the upper strata of our society. Shortsighted that they are, they fail to comprehend that this extraordinary increase in smoking is now beginning to be reflected in the increase in cigarette-linked deaths. If the smoking problem among Indian women is to be curbed, it is high time that the women realise that due to this rise in smoking women are now dying from diseases that were once comparatively rare to them, such as diseases of the heart, blood vessels and lungs.



An autopsy study has linked heavy cigarette smoking among women to a greatly increased risk of dying at a relatively young age from **sudden heart attacks.** A sudden heart attack is one that attacks someone not previously known to have heart disease or any condition associated with it. In a study conducted in New York, it was found that of those who died from such attacks, women who smoked more than twenty cigarettes per day died well before their normal life expectancy. In addition, the study showed that, largely because of heavy smoking, women in America were rapidly approaching a rate of sudden heart attacks similar to that of men.

Coming to **Lung cancer** we find that twice as many women are today dying of it than did twenty years ago. Further, the report of the Royal College of Physicians on the hazards of smoking issued a few years ago warns that if women keep smoking at the present rate they face death in epidemic proportions from lung cancer, emphysema, bronchitis and coronary heart disease.

Having seen what smoking generally does to women, let us see how it specifically affects women alone, or at least predominantly.

First, **still-births.** A baby may be born dead if the mother had smoked heavily throughout her pregnancy. How does this happen? Carbon monoxide in inhaled tobacco smoke combines with haemoglobin in the red blood cells to form carboxyhaemoglobin. Since the maternal and foetal bloodstreams are in contact with each other, this carboxyhaemoglobin diffuses across the placenta into the foetal bloodstream. The level of haemoglobin and thus the oxygen-carrying capacity of the foetal bloodstream is consequently reduced. This results in decreased supply of oxygen to the foetus and may result in the death of the unborn baby.

Studies conducted all over the world indicate that the risk of still-births is almost doubled in the case of smoking mothers. For instance, a study in England of 2,000 pregnancies found that 7.9 per cent of the women who smoked lost their babies, compared to 4.1 per cent of those who did not smoke. The study also indicated that 20 per cent of the smoking mothers would probably have delivered a live and healthy baby if they had stopped smoking in time.

Even if the baby born of a smoking mother escapes being still-born, there is always the risk of **elevated infant mortality.** In 1971 two reports, one by Britain's Royal College of Physicians and the other by the Surgeon-General of the United States, indicated that a woman who smoked heavily or even moderately heavily during her pregnancy had a significantly greater chance of losing her baby, either before it was born or in the first month of infancy, than a non-smoking mother. Recent studies by Dr. Joan

Andrews and colleagues in Cardiff confirm these two reports, showing a concrete relationship between smoking and the increased risk of babies being born small or dying soon after birth. **On an average, the weight of the baby born to a smoking mother is approximately 200 grams less than that of babies born to non-smoking mothers.** Though small, this weight may sometimes make a crucial difference between life and death in the newborn baby's fight for life.

A survey sponsored by the National Birthday Trust Fund in Britain found an almost doubled risk of **congenital heart disease** among children of smoking mothers. Needless to say, this contributes in a large measure to the elevated infant mortality.

Numerous studies cited by the United States Public Health Service almost uniformly reveal a "significant relationship between cigarette smoking and an elevated mortality risk among the infants of smokers". In Sweden researchers have calculated the 'total death risk' — combining the stillbirths and deaths occurring before one year of age — as a startling 60 per cent higher for babies of smoking mothers.

What is responsible for this increased risk of stillbirths and elevated infant mortality among children of smoking mothers? In other words, what can smoking do to an unborn baby? First, we should realise that the experiences of maternal life begin to affect the embryo right from the time it is conceived. Numerous independent studies concluded that some agents in cigarette smoke affect the foetus with disastrous consequences. They suggested that smoking somehow restricts the flow of blood to the placenta thus depriving the baby of life-giving oxygen. But the precise causes and the agents responsible were not known. However, recent research has revealed that three highly toxic substances are inhaled in cigarette smoke by the mother and later transferred to the embryo via the placenta.

CIGARETTE SMOKING AMONG PREGNANT WOMEN HAS BEEN CONCLUSIVELY LINKED TO SPONTANEOUS ABORTION, STILL-BIRTH, AS WELL AS HEART DISEASE AND CANCER AMONG THEIR CHILDREN

One of these deadly gases is carbon monoxide, as already pointed out.

The second is nitrogen peroxide, which is highly corrosive. And lastly, nicotine, which stimulates the release of adrenaline resulting in increased heart-beat and rise in blood pressure. If the mother is pregnant, nicotine is naturally transmitted to the foetus across the placenta, along with the maternal blood.

If the mother smokes during pregnancy, both nicotine and carbon monoxide enter the foetal bloodstream. They subject the foetus to two abnormal but complementary effects, one multiplying the danger of the other. Carbon monoxide results in diminished supply of oxygen, while nicotine drives up the foetal heart-rate causing increased demand for oxygen. Hence, there is fluctuation in foetal blood pressure. This is confirmed by the fact that **a shocking number of cases of high blood pressure and cardiac defects are being found in newborn babies.**

A recent study has also associated cigarette smoking with a rise in the incidence of **spontaneous abortions.** The study compared the frequency of smoking during pregnancy, in women aborting spontaneously and in those delivered after at least 28 weeks' gestation. The doctors who conducted the study — J. Kline, Z. A. Stein, M. Susser and D. Warburton — examined 574 women admitted to three Manhattan hospitals for spontaneous abortions, and a control group of 371 women delivered after at least 28 weeks' gestation. They arrived at the following conclusion (reported in the **New England Journal Of Medicine**): "Regardless of the mechanism, the two-fold odds that smoking in pregnancy results in spontaneous abortions should be known by women wishing to proceed to a live birth. . ." Although the precise mechanism is not yet clearly understood, smoking has finally been incriminated as a risk factor in spontaneous abortions, regardless of age or previous obstetric history.

Apart from noxious gases, a host of other substances that cause cancer have also been identified in cigarette smoke. They include some of the most potent and dangerous carcinogens. These chemical carcinogens can enter the foetal bloodstream if the mother smokes during pregnancy. According to medical specialists, this transfer of cancer-causing agents from the mother to the baby may be responsible for the **early incidence of cancer.**

Perhaps the most distressing of all findings is that even if a smoking mother's baby manages to survive, it may suffer long-term liabilities. Prof. Neville Butler, director of Bristol University's child-health department found that the child of a smoking mother was over a centimetre shorter than children of non-smoking mothers. He was markedly behind his classmates in reading ability and significantly less socially adjusted. Also, he was generally clumsier at handling objects, besides having a defective spatial sense.

It is pointed out that at least some of these defects may turn out to be a delay in development rather than a permanent impairment. However, evidence suggests that the children's physical and scholastic handicaps can be attributed directly to the cigarettes their mothers smoked when they were pregnant.

A California doctor, Harry Daniell, has made a study of the **visible damages of smoking.** He found that in each age group, the most heavily wrinkled class was composed entirely of smokers. Based on his research a medical journal reported: "The association between cigarette smoking and wrinkling was striking in both sexes soon after the age of 30." Further, the degree of wrinkling was directly related to the duration and intensity of smoking.

Smoking thus harms the health of the woman who smokes and endangers the life of the unborn baby. Obviously, the best thing is for all smokers, especially women, to give up smoking completely. The woman occupies the key position in family life and as such has a special responsibility. She should set a good example by giving up smoking.

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BIDE-A-WEE

Swapna Dutta

IT WAS A DARK, DILAPIDATED AND SINISTER HOUSE IN THE MIDDLE OF A POSH LOCALITY. THERE WAS A SPOOKY AIR ABOUT IT

IT was while going to the Chungwa Restaurant that I had noticed the house for the first time. It stood by the roadside, lonely, dark and forsaken; the wicket ajar, and the garden — what there was of it — overgrown with weeds.

"Funny to see a house like this in the midst of a posh locality like Defence Colony!" I had said, suppressing an involuntary shudder as I looked at the dark curtains pulled across the glass-panelled door.

"Why, whatever is wrong with it," asked my husband, surprised. "Surely, you don't expect every house to be occupied all round the year, do you?"

"N-no," I said. "But isn't there a sort of spooky air about the place?"

My husband laughed. "Now, don't let your imagination run riot," he said. "It's all right when you're making up stories, but it doesn't pay in real life."

I laughed and agreed with him. One couldn't really believe in spooks in this age. I forgot all about the house till someone invited us to dine at Chungwa a few months later. As we walked past the house, I found it to be as dark and deserted as ever. The wicket stood ajar. I paused and looked at the nameplate on the big iron gate. "Bide-a-wee" it said. "How romantic. . . and poetic!" I said. "But how totally unsuited to the sinister place!"

"You're positively morbid about the house," husband rebuked me. "There's nothing sinister about it. It's just an ordinary, empty house."

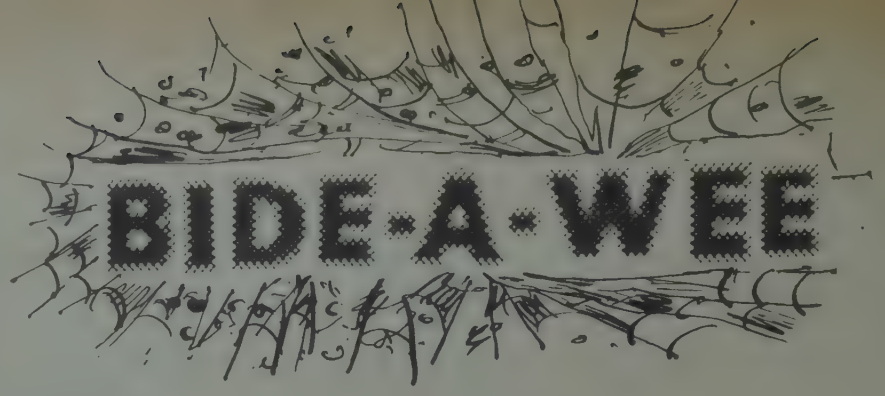
"But why's it empty?" I argued. "Houses are scarce enough in Delhi and in a place like Defence Colony. . ."

"Probably the rent is too high and, anyway, the owner might not care about letting it."

"I wonder what it's like inside," I said, little knowing how soon I'd get a chance of seeing it.

Some weeks later, after shopping I couldn't find a scooter to take me the short distance home. Of course, I could have walked, and I had done it before. But it was inconvenient to walk with so many packets in both hands. I cursed the whole tribe of scooter-wallahs and took the shortest route to the flyover. I was thinking of all the penalties I'd hand out to these blighters if I were the traffic-in-charge, when I took a false step and fell down, my parcels scattering all over the road. I tried to get up, but the pain was excruciating.

My ankle had swelled. I hoped it was only a sprain, but I feared it was a fracture. I looked around, collecting the few parcels that lay near by. There was not a soul in sight. I was in a lonely avenue in the middle of Defence Colony. No



buses plied on this route, and there was little chance of getting a taxi or scooter. I suppose I'll have to hop up to the nearest house and ring for a taxi, I thought. All the houses looked so very posh, grand and cold. . . Probably, a snooty ayah or bearer would answer my bell and pretend to take me for a tramp. Or they might slam the door on my face.

I was about to try my luck when I heard footsteps and a voice said, "Can I be of any help? I see you've hurt yourself."

I turned to find a young man standing right behind me. There was a peculiar nasal twang to his voice and his accent was that of a foreigner, though he looked Indian. He wore a flaming red kurta and mauve bell-bots that were crushed, crumpled, and not too clean. He had a shaggy beard and moustaches, curly brown hair reaching his elbows, and a pair of beautiful green dark-glasses. One of those hippie chaps, I thought.

He was already picking up the scattered parcels and asked me if I wanted to be helped up. "Oh no, thanks," I said, getting up with a groan. "I'll be obliged if you ring for a taxi."

"Of course, I will," he said. "Couldn't you walk a step and wait at my house?"

"I wouldn't dream of bothering you that far," I said coldly. "I can easily wait here. I dare say something will turn up soon."

"Please don't take me amiss," said the boy (he certainly looked a teenager) apologetically. "I didn't mean to offend you. I've just come to India and I'm not sure about the social norms here. I was merely trying to be helpful."

There was something so sincere, earnest, and boyish about his request that I felt that I had been unnecessarily rude.

"It's just here," he said again. "I thought you could wait there more comfortably than on the footpath."

"O.K.," I said, surprised at myself, for I had very strong views about going to strange places. I was still more surprised to find myself right in front of Bide-a-wee. I had no idea that this road led to it.

"Surely, you don't live in this spooky place?" I blurted out before I could stop myself.

The boy gave a ringing laugh as he held open the wicket, "You've hit the nail on the head and much mistake! Boy! Didn't it give me the creeps when I saw it first!"

His stay did not seem to have made much difference to the house, I decided, looking about me. True, it no longer looked sinister by daylight, but it was as messy and untidy as ever. I wobbled along beside him and entered the large drawing-room. He got me a dusty chair. "Do rest your foot while I run next door and ring for a cab. Are you sure you wouldn't like a cup of tea?"

Quite sure," I said firmly. I I didn't want to be rude to the nice, helpful boy, but I didn't want to stay in this house a moment longer than was necessary! As the boy said, it **did** give one the creeps.

It was certainly the dirtiest house I'd ever seen. There was a thick carpet of dust on the marble floor. Cobwebs hung thick on the ceiling in weird shapes. The furniture —- beautiful as it must have once been — was covered with layers of dust! So was the grand piano, standing mute in the middle of the room, with a gorgeous chandelier, just above it. I shivered, feeling as though I had gone back half-a-century.

Only one corner of the room looked lived in. There was a camp-bed with a hold-all spread on it. There was a large table beside the bed, with masses of canvas, paints and bushes strewn all over. A few half-done oil paintings lay on the floor; one was on an easel. So that's what he is. An artist.

"Sorry, the place is in such a mess, " said the boy coming in noiselessly. "I'm no good at this sort of thing — cleaning and scrubbing, I mean."

"Don't tell me you live all alone," I asked surprised. "And why did you pick this enormous barrack, of all places?"

The boy laughed again. "There was no 'picking', I assure you," he said. "This is my Dad's house."

"Sorry," I said, blushing furiously. "I'm always putting my foot in! But why do you leave the place like this if it's yours?'

"I need time to settle down, don't I?" he said. "I landed here barely three days ago, and I don't know a soul except my next door neighbour."

"But," I began and stopped short. It seemed rude to ask him how the place got into its present state of abandon. The boy noticed my look and said, "Dad built this house twenty years ago and no one has lived in it ever since."

"How come?" I was now very curious about the place.

"Well, my parents decided to take a holiday in Scotland and look up Mum's people there, soon after the house was built. I was a baby then. Dad caught pneumonia and died out there. Mum and I have lived abroad ever since."

"I see," I said. "That explains the name, I suppose."

"Bide-a-wee? Yes. It was named after Mum's own home in Aberdeen."

"Is she also. . .?" I began.

"Oh, no!" laughed the boy. "She'll be here next week. You should see the place again after she has had time to handle it! Mum's a great one for putting things shipshape," he added proudly.

"Good!" I said laughing. "By the way, what about my taxi?"

"There weren't any at the stand," said the boy, "but the chappie there said one will be along presently. Boy! didn't I have a time making myself understood!" And he laughed again.

"Oh, dear!" I said, feeling annoyed.

"Where do you live?" asked the boy. "I'm Robin, by the way. Robin Singh."

"I'm Mrs. Dutta," I said. "I live in Lajpatnagar."

"I'm sure the taxi will turn up within minutes," said Robin soothingly. "I'll get you a cup of tea."

"Please don't bother," I said, trying to forget my aching foot. "So, you're an artist?"

"I paint a little," he said modestly. "It's the only thing I care about."

I was surprised to find a cup of tea on the table. I certainly never saw him put it there, and there wasn't another soul around that I could see. I touched the cup and drew my hand away in surprise. It was icy cold.

"I say, the tea isn't cold, is it?" asked Robin anxiously. "I'm so sorry. I must have forgotten to put the tea-cosy on."

Just then I heard the horn of a taxi outside. "There you are," he said cheerfully. "It's been nice meeting you," he added extending his hand.

"Thanks for being so helpful," I said, shaking the offered hand. And, then, I screamed! The hand in my grasp was a skeleton's. I looked up. The dark glasses had fallen on the floor and I found myself staring at the vacant sockets of a skull. I screamed again and the world grew dizzy around me.

When opened my eyes, I found myself in my bedroom, with a couple of blankets over me and a hot-water bottle at my feet. There was my husband bending over me and Dr. Banerjee sitting by the window. "Malaria, beyond a doubt," I heard him say. "It's raging all over Delhi in an epidemic form."

"And these . . . hallucinations?" said my husband.

"A common enough symptom,' said Dr. Banerjee. "She'll get over it, don't worry."

By and by I got better and the first thing I wanted to know was how he had brought me home from that haunted house.

'You were nowhere near it, if you mean Bide-a-wee," said my husband. "You were lying in the middle of Varuna Marg, where Mr. Juneja, our landlord, saw you. He brought you home."

"My. . . my ankle?" I asked.

"What about it?" he asked.

"Haven't I a fracture?"

"Certainly not. There's nothing the matter with your feet."

I felt my ankle. Both ankles. There certainly was not anything wrong with either. Had it all been malarial fantasy? I couldn't convince myself that it was so.

When I was strong enough to go out by myself, I went to the Central Market and dropped in at the house-agents.

"That house — 'Bide-a-wee' — in Defence Colony. . . I began

"What about it?"

"Could you tell me who the owner is? Is it for sale?"

Mr. Batliwala. No, it's not for sale."

"Is he dead," I asked. "The owner, I mean!"

"Certainly not," said the agent frowning. "What sort of a house do **you** want, anyway?"

I stammered something and hurried out of the place. Once again, I was at a dead end. The next month we were transferred to Bangalore. I suppose I must leave my story just here. . . leaving a lot of loose ends. . . in the typical spook-story manner. But in real life, postscripts often turn up in the most unexpected of places. This is what happened to me.

I was going to Calcutta to visit my parents. As I hate travelling alone, I soon made friends with the old lady sitting in the chair next to mine in the train. She was a foreigner visiting India for the first time. When she heard that I had lived in Delhi for some years, she asked me a lot of eager questions about the place. "I had a sister living in Delhi," she said.

"Oh?" I said politely, not feeling particularly interested.

"She married a Sikh doctor. Very sad affair."

"Why?" I asked curiously.

"They came to Scotland a year after the wedding and he died. Pneumonia it was."

I sat up. It rang a bell somewhere though I could not place it. "And your sister?" I said.

"She and her baby continued to live with my parents in Aberdeen. The boy came to India later, but he too died."

"How?" I asked breathlessly.

"No one knows," said the lady shaking her head. "He was found dead in the house three days after his arrival. Most sad and mysterious it was!"

I nodded, unable to speak.

"My poor sister was off her head with grief," she continued. "Sold the place and went back home."

"Where was this house?" I asked, though I knew the answer.

"I've forgotten the name of the road," said the woman. "It was all so long ago. I only remember she called the house Bide-a-wee, after our father's home. Why! how white you are! Do you feel sick?"

I did, indeed, feel sick as I tried to push the vivid memory of that afternoon off my mind. "This boy," I said, trying to speak in a normal voice, "what was his name?"

"Gurmeet," she said.

I heaved a strange sigh of relief. It must be a mistake, a sheer coincidence, I told myself firmly. The lady would be getting down at the next station and we were almost there.

"It's been a nice journey," she said, getting up as the train slowed down.

"Yes," I agreed, and couldn't stop myself from asking the next question. "Did your nephew have any other name?"

"Sweet of you to be interested," said the lady with a charming smile. "Everyone called him Robin. After Robin Adair, you know, that famous ballad."

The train had stopped. She waved me a cheerful adieu and ran towards the door.

PASSING THROUGH

DR MURIEL JAMES

SPECIAL ADVISER TO MOMS AND DADS

"Why do you sit with your shoulder hunched forward? A typically protective gesture, it shows that something within you needs protection." Dr. Muriel James relates directly to each member of her audience. Meeting her at a series of lecture presentations organized by the Indo-American Society, one is immediately struck by the warmth of her personality. An international authority on Transactional Analysis as well as author and co-author of several books. she creates an atmosphere of considerable empathy with whoever she is talking.

The first theories on Transactional Analysis were formulated by Dr. Eric Berne in 1958. It was at this time that Dr. James met him and was greatly influenced by this new approach to human relations. Working along with Dr. Berne at first, she is now a leading writer and therapist in the field.

According to Dr. James, Transactional Analysis is a theory on the method of understanding the individual person and patterns of communication. The basics of Transactional Analysis are that every individual shows noticeable changes in behaviour, viewpoint, feelings etc. These changes are due to various ego states inherent in every individual. There are three ego states.

1. Every individual has had parents or substitute parents; consequently, he carries with him certain patterns of behaviour that resemble those of his parents. This is the Parent ego state.

2. Every individual is capable of an objective appraisal of reality and has the ability to process data and make decisions. This is the Adult ego state.

3. Every individual carries with him fixated patterns of behaviour formed as a child. This is the Child ego state.

The complete personality of an individual includes his Parent, Adult, and Child ego states. Each ego state is different and inconsistent with the other. But each is entitled to equal respect and has its own place in the individual's life.

A unit of social intercourse is a transaction. When two or more people meet, in the normal course of events one person addresses the other. This is known as a stimulus. The other person then reacts by saying something in turn. This is a response. Transactional Analysis is concerned with analysing which ego state gave the stimulus and which ego state made the response.

Sometimes transactions are crossed. A husband asked his wife, "Why are our bills always so high?" The stimulus is Adult and the Adult response would be: "I should try to do something about it." Instead, the wife flares up, "You always criticise me (like my father)". The response is thus Child to Parent. For the communication to proceed further the husband's Parent ego state must be activated or the wife's Adult ego state must be re-activated.

Dr. James feels that we can apply Transactional Analysis to our lives by learning to recognize the various ego states in the people we deal with. In order to do this it is important to appreciate the differences in each individual. Among the important works of Dr. James are **TA for Moms and Dads** and **A New Self-Essence of T. A.** She confesses that **TA for Moms and Dads** is biographical. She has three children, four step-children and six foster children. She also has twelve grandchildren ranging from six months old to twenty years and the book was written with them in mind. In **TA for Moms and Dads** Dr. James tells parents how to cope with a crisis, how to create an atmosphere of joy in the home, not one of endurance.

Dr. James believes strongly in a new self-essence of TA. She feels that every person, however individualistic or different he may be, has an inner core of spiritual energy in common with all his fellow men. This inner core is nothing else but an urge to live, to be free, to relate in depth with one another, not just superficially. In **A New Self-Essence of TA** Dr. James explains how to release this energy blocked inside.

Jeanne Prasad

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THE LITTLE WOMAN

by Don Tobin

WHAT'S THAT YOU'RE READING?
IT'S THE BEST-SELLER "HOW TO MAKE A MILLION DOLLARS IN YOUR SPARE TIME"
GOOD - I'VE ALWAYS WANTED TO MAKE A MILLION DOLLARS!
HOW DO I DO IT?
YOU'LL HAVE TO COME BACK LATER.... I HAVEN'T FINISHED THE BOOK YET -
YOU'VE FINISHED THE BOOK ALREADY?
YES -
WELL - WHAT DOES HE SAY TO DO? HOW DO WE MAKE OUR MILLION DOLLARS?
HE SAYS TO WRITE A BOOK TELLING PEOPLE HOW TO MAKE A MILLION DOLLARS IN THEIR SPARE TIME -
4-24

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"I hope I'll be able to count upon your support," the candidate said to one merchant he called on.

"I'm afraid not," was the reply. "You see, I've already promised my support to your opponent."

The politician laughed. "In politics," he stated, "promising and doing are two different things."

"Well, in that case," declared the merchant affably, "I'll be happy to give you my promise."

* * *

Whenever the henpecked husband tried to get a word in during the argument, his wife tried to shout him down. One day, pleading to be heard, he waved his arms above his head.

"Let's have none of your arm-waving," she shouted. "If you have something to say, shut up."

* * *

The doctor rushed out of his study and instructed his wife, "Get me my bag at once."

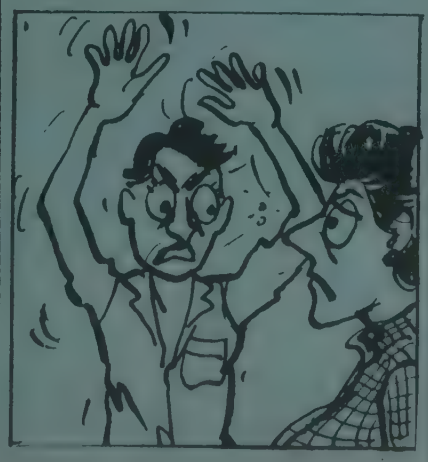
THAT'S A LAUGH!

"What's the matter?" she asked.

"Some fellow phoned and said he couldn't live without me."

The wife gave a soft sigh of relief. "Don't get excited, dear, I think that call was for me."

* * *



It was the peak of a quarrel and the wife turned to the husband and shrieked: "If I had only taken my mother's advice, I never would have married you."

The husband stopped in his tracks. "Do you mean to tell me that your mother tried to keep you from marrying me?"

"She certainly did," said the wife.

"Oh," moaned the husband, "how I've wronged that woman."

* * *

Personality is the art of being admired for the qualities you don't possess.

* * *

The angry guest called the room clerk. "There's a small mouse in my room," she shouted.

"Do you have a three- or six-dollar room?" asked the clerk.

"A six-dollar room."

"I don't understand it," said the clerk. "You're entitled to a full-grown rat."

* * *

The woman wanted a drinking trough for her poodle. The clerk asked if she wanted one with the inscription FOR THE DOG.

"It really doesn't matter," she replied. "My husband never drinks water and the dog can't read."

* * *

"My husband is an angel."

"You mean he finally reformed?"

"No, he went looking for a gas leak with a match."

* * *

Two psychiatrists passed each other on the street.

"You're fine," said one. "How am I?"

Compiled by George Fegradoe

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ARTIST OF THE MONTH

Introducing women in the art world, whose work contributes significantly to contemporary Indian art.

MEERA DEVIDAYAL

HARMONY OUT OF URBAN CHAOS

Malati Jaikumar

Meera Devidayal of Bombay held a solo show in Delhi recently. She has caught on canvas the spirit of the seething metropolis of Bombay. The tall, impersonal buildings, the garish-coloured flats and the juxtaposition of religion with the frailties and vices of Man, have been cleverly brought out by her collage work.

The environment in which the artist lives leaves a deep and enduring mark on the work, and quite often the potential of the artist is marred or made by it. For what is felt by the artist has to be directly transferred, truthfully, on canvas.

Meera's pictures are essentially her response to the environment, an environment that is always Indian and urban. She reacts to life around her, the poverty, squalor, the restlessness and the contradictions underlying the Indian way of life. There are houses, verandahs, walls with a slightly outsize crow, and streets and people. These are very common objects but the way they are drawn and brought together results in a visual style that is at once whimsical and poignant.

The main point and the most enduring one is that in a world of abstract and 'serious' art, Meera's paintings are 'normal' perceptions. They are recognizable objects. Says Meera: "Though the human form seldom appears in my paintings, my subject is human nature, with special reference of course to a particular type of person. The person who lives from festival to festival, lives in his one room in a shabby chawl, at subsistence level, yet finds his sustenance and hope in cherishing his tulsi plant; whose prosperity is expressed directly in a brightly painted balcony or wall.

Born in Delhi on 22 March, 1947, Meera was initially a Sunday painter. She had a private tutor for painting during her school and college years at Loreto Convent, Calcutta. After her graduation with a first class in English in 1966, she tried her hand at various things, including creative writing. But "nothing jelled" until she married and shifted to Bombay where she joined the J.J. School of Art. It was then that her hobby became an obsession.

Meera has had three group exhibitions in Bombay and two solo exhibitions. The one at Art Heritage was her third solo exhibition.

There is always some delightful detail to catch the eye in every one of her paintings. Here is a beautiful canvas of a room with strangely sloping mosaic floor. You can almost feel the humdrum routine of life suggested by the refrigerator, the faded paint on the wall and the naked tubelight. The eye is drawn gradually and inevitably to the focal point — the tulsi plants.

Another picture, that of a block of flats, is a collage superimposed on oil with telling effect. The staircase and the balcony is Bombay to the core. The paper clippings behind each window pane emphasize the variety of life lurking behind it. At the right hand corner the figure of Hanuman superimposed once again with paper cuttings symbolizes the strong current of religion flowing beneath the turbulent urban life. Another very memorable painting is the "Pan shop," where the shop is surrounded by the words from a popular Hindi film song, "Khai ke pan Banarasi wala..." Film songs, Meera feels, are as essential as religion in the Indian melieu, for there is always some song blaring out somewhere in the background.

SPOTLIGH

Spectacular. . . gorgeous. . . really fa
ed by IND-US International at a banq
participating in the 3rd Austral-Asia Di

The show began with a tableau prod
display of exquisite sarees in Banarasi
broidered in rich gold and silver zari.

The 'high fashion' outfits designed by
more dressy wear for cocktails, dinne

ABOVE: Superbly tailored parallel trousers in tiny dots is matched with polka dotted off shouldered top; A saree turned into an elegant two piece evening wear. The straight maxi inside is worn with a long flowing robe with sleeves caught at wrist.

CENTRE: A pretty pair in navy blue and orange American Georgette sarees — silver zari embroidery in abstract and delicate patterns dominate these sarees.

Photographs : Parakh Reporter

TOP RIGHT: The striking saree in deep green American georgette has a border embroidered in a filigree pattern with rich zari and sequins. The other looks gorgeous in a Kanjeevaram silk with a contrast orange border.

RIGHT: Exquisite dress for special evenings. Beautifully draped long robe, crossed at neckline falls over a gracefully tailored skirt. The black outfit looks stunning with a V-neckline, falling in folds and trimmed with a silver braid. Side slit ensures a free movement.

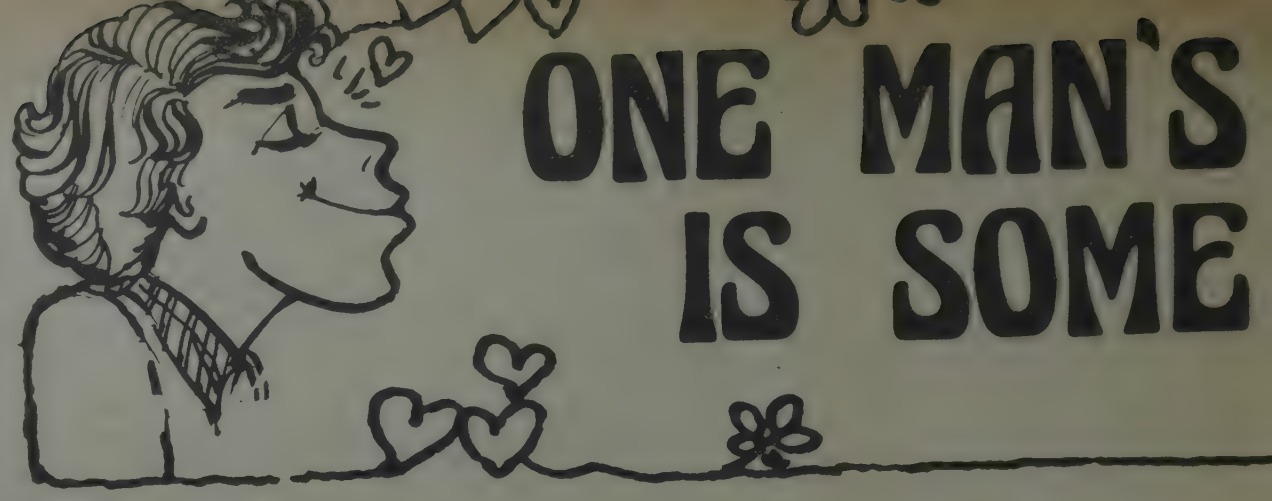
N FASHIONS

raved about the extravaganza in fashions present-
n show held recently in honour of the delegates
rence and in aid of local charities.

A SINGH and NIRMAL SESHADRI, followed by a
ms, brocades, American georgettes, chiffons, em-

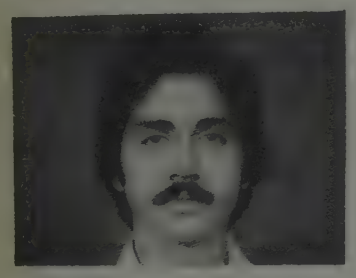
HANT ranged from sports wear and casual wear to

cation Courtesy : Oberoi Sheraton Hotel, Bombay.



ONE MAN'S IS SOME

I was glancing through the matrimonial columns of a local newspaper last week. Almost every advertisement stated — "wanted fair, good-looking, homely young lady. . ."etc. This set me thinking. What exactly do people mean when they use the term 'good-looking' to describe someone? So often on the streets we comment, "What a good-looking girl." Exactly what we are implying remains vague and ambiguous. In India, 'fair' and 'good-looking' are synonymous. It seems to be a foregone conclusion that to have good looks, one must be fair-complexioned. This is undoubtedly a colonial hang-over from the British which has occasionally been satirized. I decided to speak to a few people with the aim of defining the concept of good looks for both men and women. I leave the reader to draw conclusions as to what good looks mean to most people.



ASHFAQ RAUF (Sales Representative)

Men: The ideal example of a good-looking man is Alain Delon — tall, well-built, sharp-featured. A purposeful, brisk walk like Clint Eastwood's would surely attract my attention.

Women: My weakness is hair. This should be long, thick and straight. I go for women with high cheekbones and a delicate colouring. They should have sparkling eyes, slightly tilted upwards like Sophia Loren's. In a woman, a straight walk matters a great deal. She should have poise and grace.

ROGER D'SOUZA (Student)

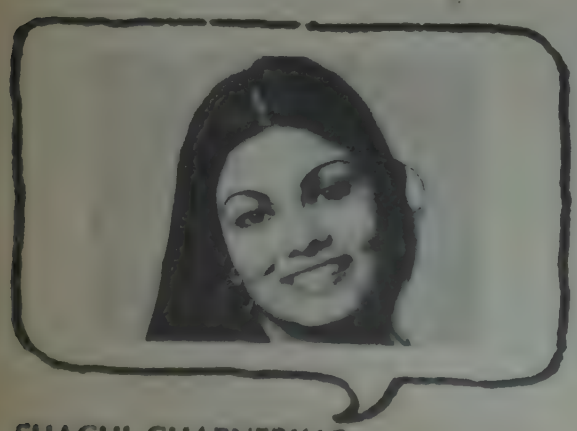
Men: A man must be tall, broad-shouldered and look physically fit to be called good-looking. His hair must be sleek, neither hippy-long and unruly, nor highly greased. He should always look well-groomed.

Women: A woman's crowning glory is her hair, which I believe should be healthy and shining. To be called good-looking, her whole demeanour should be elegantly feminine. She may be athletic and active, but she must still retain her delicate, gentle ways.

FR. BONNY D'SOUZA (Priest)

Men: A man who cares about his appearance and takes the trouble to look masculine is naturally good-looking. Character may be judged according to the way one appears in public.

Women: A good-looking woman is careful about the way she dresses. She must always dress to suit the occasion, and above all be modest. Indian women follow Western fashions blindly and over-do their make-up. This may revolt the aesthetic eye. The not-so-pretty, on the other hand, may use make-up sweetly and discreetly so that it is not garish.



SHACHI CHAPNERKAR

Men: A good-looking man need not be handsome. He must, however, have a smart appearance and a certain rugged look which makes a girl feel she can depend on him.

Women: A good-looking woman has soft features. Her main assets are expressive eyes, and a charming, spontaneous smile. I think dainty, petite women are quite attractive.

NAINA BALSAVAR-ISMAIL (Miss India 1976)

Men: I associate a good looking man with height, broad shoulders and a charming smile. I like men with thickly-lashed, dark, intense eyes.

Women: For me, a good-looking woman is a beautiful woman, and beauty comes from within. An overall attractive personality is essential. This would include her behaviour and mannerisms, as well as the culture and poise she displays. I personally go for straight, glossy hair, almond-shaped eyes and clean, healthy teeth.

CHITRA KISHORE (Housewife)

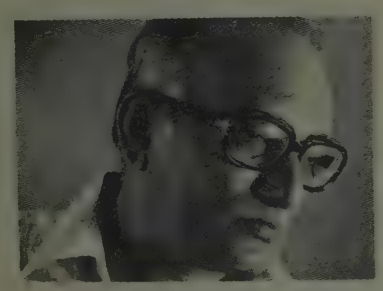
Men: To be good-looking, a man

'BEAUT' WOMAN'S 'UGH!'

Rochelle D'Souza

must have a certain dynamism in so far as his stature, build and dress-sense go. He must be elegantly dressed, neither flashy and flamboyant, nor shabby. He need not necessarily be muscular but it must be apparent that he cares for his physical appeal. Tidyness is the keynote.

Women: The entire personality of a woman attracts me, not just her face or figure. I notice the texture, rather than the colour of the skin. If she has a smooth complexion glowing with health, wears her hair in a style that suits her face and has sharp features, I would consider her good-looking.



KANTILAL RATHOD (Film Maker/ Artist)

Men: The appreciation of good looks is purely subjective and hence an indefinable concept. Beauty lies in the eyes of the beholder, and a simple farmer, though unsophisticated and uneducated, has a personality, character and confidence writ on his face which comes from experience and intuition. This makes him look good.

Women: It is not just facial features that make for good looks. Barbra Streisand is considered ugly as far as her individual features go, but the overall impression she makes on you is incredible. This comes from personality, which adds a certain gloss to one's appearance. A good-looking woman does not lose her hold over you easily. Thirty years ago, I thought Grace Kelly was one of the most beautiful women. Even today my opinion remains unchanged.

MARY-ANNE MICHAEL (Stenographer)

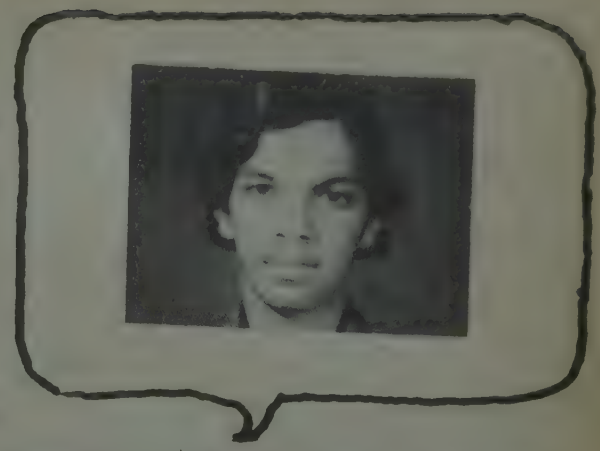
Men: I don't think facial features are particularly necessary to make a man look good. However, he should have a lithe frame, with lean hips.

Women: I measure a good-looking woman by her eyes, which should always be warm and expressive. A clean, even set of teeth and a sunny smile that lights up her eyes are useful plus points. She must be slender.

SR. NIRMALA (Principal, School for the Mentally Retarded)

Men: A good-looking man is always smartly dressed and aware of his manliness. He must look reliable.

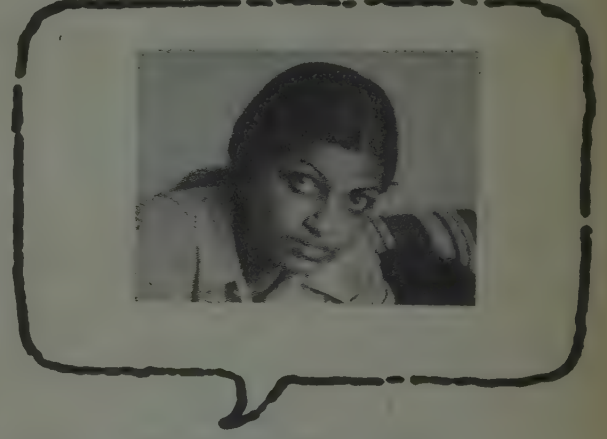
Women: Facial appearance does count in a woman. But her whole personality catches the eye — her walk, her movements, the way she holds herself, and the manner in which she dresses. I dislike women who are victims of fashion. A woman with fairly attractive looks may suddenly appear downright ugly or ridiculous if she dresses merely to follow the fashions, and not to suit her individual face and figure.



RAMDAS MARAR (Traffic Assistant)

Men: A man with ideal good looks has a high, intelligent forehead and a firm, determined mouth. His hair should be styled to suit his face but should not be overly long. I like men with a strong, muscular, athletic frame and clean, even teeth.

Women: Good looks are a combination of features. A snub nose or a wide mouth may look gorgeously attractive on one woman as it blends with the rest of her features, but may look equally out-of-place on another face. I prefer a rounded, womanly figure to a pathetically thin outline which it appears the fashion to strive for. I find tall girls quite attractive if the rest of them is in proportion.



GITA MENON (Career Girl)

Men: To be good-looking, a man must have a magnetic personality, a certain charisma that draws you to him right away. Besides, he should have a sensitive face and eloquent eyes. However, it is still difficult to say what makes a good-looking man — it is indefinable.

Women: I have very specific ideas about the stuff good looks are made of. The woman must be strikingly attractive, such that people will want to turn around and give her a second look. My idea of good looks is large, innocent eyes, with a touch of the mischievous, a **retrousse** nose, full lips that widen easily in a charming smile and bouncy, shiny hair. This should be mounted upon a slim, graceful neck. But I still think that true beauty lies in the way one holds oneself rather than in individual features.

PERSONAL CHOICE

A SOUTHERN TREAT

Charming and enterprising MRS. ANANDINI THAKOOR is an active member of various Social Welfare Organisations. Apart from her busy work schedule, Mrs. Thakoor is an ideal housewife, takes her share of cooking in the evenings. She entertains her guests regularly with some of the delicious dishes from the South.

APPAMS

900 grams rice
450 grams raw rice
½ bottle toddy
2 coconuts
¼ kg sugar
Salt to taste

Grate the coconut and extract thick and thin milk separately. Grind the rice finely, using the thin coconut milk extraction.

Mix sugar, toddy and thick coconut milk and salt to taste to a fine batter. Allow it to rise.

Heat ghee in a saucepan and when hot, put half cup of batter. Spread over the sides and cover with a lid. Place live coal on top of the lid. After about ten minutes, remove the appams and serve hot.

GRAM FUGATH

1 kg red gram (arhar)
6 dry chillis
¼ tsp. cummin seeds
1 coconut, scrapped
1 small piece turmeric
Small ball of jaggery
5 pods garlic
1 big onion
¼ tsp. mustard
1 small ball tamarind
1 tbsp. oil
A sprig of curry leaves

Clean, wash and soak the gram overnight. Next day pressure cook the gram with fresh water. When cooked, add salt and keep aside. Meanwhile, grind the chillis, cummin seeds and onion to a fine paste. Extract tamarind water. Heat oil. Add mustard

Farokh Reporter

crushed garlic and curry leaves. When they turn brown, add the ground masala paste with turmeric and the cooked gram. Add jaggery or sugar with tamarind juice. Serve hot, garnished with coconut scrappings.

CHICKEN CURRY WITH COCONUT JUICE

1 large chicken (approx. 1 kg)
½ kg potatoes, cut into four
1 large sized coconut
4/5 green chillis, finely chopped
1" piece ginger, finely chopped
4 to 5 pods garlic seeds, finely chopped
2 tsps. vinegar
1 onion, sliced
Salt to taste

GRIND TO A PASTE :

15 dry chillis
6 peppercorns
½ tsp. mustard
2 tsps. coriander
½ tsp. cummin and garam masala
1" piece turmeric
1 tsp. poppy seeds
½ coconut, grated
1 large onion

Grate the whole coconut and extract thick and thin milk. Joint the chicken into big pieces. Clean and wash it. Boil the chicken in the thin coconut milk extract till tender. Cut the green masala and keep aside.

Heat ghee and fry the sliced onion. Add green chillis, garlic and ginger. Now add the ground masala and let it brown. Add chicken and potatoes, salt and vinegar. Add water if necessary and keep on a slow fire to simmer.

When the potatoes are cooked, add the thick coconut milk extract. Boiled eggs may be added if desired.

PATHRADE

10-12 colocasia leaves (allu)
900 grams boiled rice
Salt to taste
1" piece turmeric
10 dry chillis

Wash and soak the rice for a couple of hours. Grind the rice, along with chillis and turmeric to a fine paste. Chop the leaves finely and mix with the above ground mixture thoroughly.

Make rolls (like swiss rolls) from this mixture. Steam them. You can cover the rolls with leaves if desired. Slice these rolls when cooled. Serve with a spicy gravy. For the gravy refer the same preparation given for mutlis.

COCKLES AND MUTLIS

(Kube Mutlis)

½ kg boiled rice
100 cockles
½ coconut, grated
8 dry chillis
2 tsps. coriander seeds
1 onion, sliced
1 coconut

GRIND TO A PASTE IN THIN COCONUT MILK :

1 tsp. cummin seeds
½ tsp. mustard
1 small ball tamarind
1 tsp. turmeric powder
4 garlic pods
10 peppercorns

For the Mutlis : Wash and soak the rice for an hour. Grind finely with salt to taste. Dough should be sufficiently dry and soft. Keep the dough on fire and stir continuously till dry. Make small even rounds with slight depressions on one side. Steam for about half an hour till well cooked.

Roast the chillis, sliced onions, coriander, and half grated coconut separately.

Extract one cup thick milk and three cups thin milk from the whole coconut. Grind all the masala in thin milk extract together with roasted coconut.

Heat oil. Saute the sliced onion. When it turns brown add masala and juice. Put in the rice dumplings and after five minutes add the clean and washed cockles. Add salt to taste. Cook for five minutes more.

SWEET RICE PULLAO

1 kg Delhi rice
½ kg ghee
200 grams plums
¼ kg almonds (optional)
3 tsps. sugar
3 large onions
5 to 6 cloves
3 pods cardamoms
Salt to taste

Wash and dry the rice. Heat half kilo ghee and saute lightly the plums, chopped almonds and sliced onions separately and keep aside. Pour little oil and season the rice. When it turns brown pour in hot water and cook the rice. Add salt and sugar. When the rice is nearly cooked, lower the fire and leave it for half an hour. Stir and mix half of the onions, plums and almonds and leave some for the garnish before serving.

SOOJI KHEER

225 grams sooji
250 grams jaggery
1 tsp. cardamom powder
1 coconut
1 tsp. ghee
Salt to taste

Grate the coconut and extract five cups of milk. Boil the sooji in thin coconut milk extract stirring continuously for about 30 minutes.

When the sooji is cooked, add jaggery and salt to taste. Finally, add the thick milk and ghee. Keep on fire for a few minutes stirring continuously.

CUCUMBER SALAD

2 tender cucumbers
4 medium sized onions
1" piece ginger
5 green chillis
½ coconut
Salt and vinegar to taste

Clean and slice the cucumber and apply little salt and keep aside for 15 minutes. Chop the onions, chillis and ginger.

Squeeze out the water from the cucumber and put in a dekchi. Mix the ground coconut and the chopped masala with little salt and vinegar to taste. Chopped coriander leaves may be added if desired.

COOKERY QUEEN

PREM PRASHAR, Punjab.

Mrs. Prashar wins Rs. 100 for this month's best recipe plus a non-stick coated Fry Pan from Trupti Industries, a cash prize of Rs. 101 from Weikfield, a 5.00 litre all stainless steel Pressure Cooker from India Metal Industries and a book by Aroona Reejhsinghani.

PANEER SURPRISE

½ kg paneer (oblong shape)
1 kg red ripe tomatoes
1 kg fresh spinach
¼ kg boiled milk
2 tsps. corn flour
1 onion (medium)
6 flakes garlic (optional)
1 small piece fresh ginger
2 cubes cheese
4 tbsps. butter
Salt and black pepper to taste

Cut the paneer into four equal oblong slices. Take half the tomatoes and cut each of them in round thick slices. Fry them slightly in a tablespoon of butter in a frying pan and leave aside. Make tomato puree from the rest of the tomatoes with salt to taste. Boil the spinach and grind it to a paste. Add a little salt.

Chop the onions finely and fry them slightly in a tablespoon of butter, add finely cut ginger to it.

Mix the cornflour into the milk and pour it over the onion and ginger. Bring it to a boil. Add juice of squeezed garlic if desired. Remove when it slightly thickens. Add tomato puree to it.

Line the over proof dish with a tablespoon of butter. Put a slice of paneer at the bottom, cover it with half the paste of spinach, then put the second slice of paneer and cover it with the fried tomatoes, then the third slice of paneer, then a layer of spinach and then the last slice of paneer. Pour the sauce over it, so that it penetrates right to the bottom from all sides. Sprinkle grated cheese on top and bake it in hot oven for about half an hour or till the cheese is golden brown. Serve hot.

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RECIPES FROM OUR READERS

Mrs. Carol Subaya, Bangalore.

BAKED HAM PANEER ROLLS

2 cups paneer (shredded)
1 cup paneer, grated
4 tender carrots
8 slices ham
4 tbsps. lemon juice
4 tbsps. flour
1 cup milk
1 cup stock
Pepper and salt to taste
4 tbsps. butter
Coriander leaves, chopped

Wash and cut the carrots lengthwise. Mix lemon juice, salt and pepper and water together and par boil the carrots. Roll each carrot with a slice of ham. Arrange the rolls in a baking dish. Melt butter over a low fire, blend in flour. Stir in the stock and milk. Cook till thick. Remove from fire and add in two cups paneer. Let it melt. Pour over rolls. Sprinkle with grated paneer and coriander leaves. Bake for 20-30 minutes.

Mrs. Basanti Devi, Assam.

PRINCESS'S DELIGHT

1 kg paneer
225 grams castor sugar
3 tbsps. drinking chocolate

FOR DECORATION:

100 grams cream
100 grams icing sugar
1 tsp. flour
Yellow and pink food colouring

Combine paneer and castor sugar. Knead well to a fine soft dough. Divide this into three equal portions. Mix one portion with the drinking chocolate. In a lightly greased 8"x8"x1" mould spread the paneer in layers placing the chocolate mixed layer in the middle. Cover it and steam for about 15 minutes. Allow to cool. Cut into about 2"x2" pieces.

Mix cream, icing sugar and flour. Divide this into two portions. Mix yellow colouring to one portion and pink to the other. Beat each portion well. Make small flowers alternately with yellow and pink over each piece with a small star nozzle.

Mrs. Anjani Joshipura, Poona.

A SURPRISE BAKE

2 small cups rice
1 cup tur dal
2 cups paneer
1 cup sprouted moong, steamed
25 grams cashewnuts
50 grams cabbage, shredded
3 green chillis
2" piece ginger
1 tsp. sugar
2 cups curd
200 grams sweet oil
1 tsp. mustard seeds
2 dry chillis, broken into pieces
1 tsp. turmeric powder
½ tsp. baking powder
½ tsp. asafoetida powder

Powder rice and dal coarsely. Soak in curd over night. Next day mix paneer, sprouted moong, salt cabbage, ground ginger, chopped coriander leaves and chopped green chillis. The mixture should be of semi-solid consistency. If it is very dry, add little warm water. Heat oil in a karahi. Fry the cashewnuts. Remove and keep aside. In the same oil, put mustard seeds. When they begin to splutter, put dry chillis and asafoetida. Pour over the mixture. Mix thoroughly. Line 8"x8" oven proof dish with grease paper. Pour the mixture in it. Pre-heat the oven. Arrange cashewnuts on top. Bake till brown on top. Remove on a flat plate. Cut into square pieces. Serve with tomato ketchup or mint chutney.

WEEKLY WINNER

RAVINDER CHANDHOK, Bombay.

Mrs. Chandhok wins Rs. 50/- for this week's best recipe plus a 3-in-one Storefresh container from Trupti Industries, a gift hamper from Weikfield, a 1000 ml. coconut oil tin from KMP Oil Industries and a book by Aroona Reejhsinghani.

KHORME SABZI

4 bunch spinach (palak)
1 bunch coriander leaves
1 bunch soya or dill leaves
1 bunch fenugreek
1 kg mutton
200 grams chowli (beans)
2 onions, chopped
4 tomatoes, chopped
2 tsps. red chillis
2 tsps. mango powder
1 tsp. turmeric powder
1 tsp. garam masala
1 tsp. coriander powder
1 tsp. ginger/garlic paste
1 cup oil
Salt to taste

Clean and wash the spinach, coriander leaves, soya and fenugreek together. Heat a dekchi. Put all these green vegetables in the dekchi and let the water evaporate. Now add 1 dtsp. of oil, garlic and ginger paste. Cook for some time and keep aside. Now fry the onions in the remaining oil till brown, add chopped tomatoes, and cook till the tomatoes are done. To this add mutton and chowli and fry till the mutton changes its colour. Add the green vegetables and 4-5 cups of water. Cook till meat is done. The consistency should be thick. Serve hot with boiled rice.

COOKERY CONTESTANTS!

Revised Contest Rules

1. Each recipe must be accompanied by this coupon.

2. The author of each selected entry will be informed in advance and requested to send a passport size photograph of herself to be published along with her recipe

3. The recipe must be original and not copied from a cookery book, a magazine of any other published material. The prize-winner shall have to sign a declaration to that effect before the announcement is made and the prize awarded.

Address your entries to the Cookery Editor, EVE'S WEEKLY, Bombay Samachar Marg, Bombay—400 023.

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SEX DURING ILLNESS

Dr. Prakash Kothari

For one person to abstain from intercourse during or after illness may mean little inconvenience, while for the other it may mean a feeling of sexual inadequacy, which in turn could produce severe anxiety and depression. Most of the time this particular aspect has been neglected by family physicians, probably because they are too busy or they take it for granted that as their client has not asked them he knows about it. Common conditions which we come across where advice regarding sexual relationships may be useful are during liver disease, during and after pregnancy, after heart disease, after renal disease, in spinal cord injuries, in blind and deaf individuals, following certain operations, etc.

The physician who is responsible for the case must also be responsible for the patient's sexual rehabilitation which varies greatly from one individual to another. To be effective, the physician must be comfortable with sexuality in general and must be well-informed about the victim's potential capacity for satisfying sexual relationships, even by those who are injured very severely and also those who are impaired genitally.

The physician or the counsellor and the patient must accept the fact that sexual satisfaction does not depend exclusively on erectile ability or orgasm. When a physician or a counsellor is confronted with such a problem, he should follow these steps :

History Taking

Taking the sexual history of both the partners, individually, is very essential. The physician should judge from the initial evaluation whether the distress is because of :

a) misinformation, myths or misconceptions,

b) performance anxiety or depression,

c) overconcern about the partner,

d) fear of failure,

e) organic problem.

The physician must initiate questions about the sexual relationship of the client. Recognition of this itself is the key factor in easing the patient's inhibitions and can help to create an atmosphere for open discussion.

ANXIETY ABOUT SEX AND SEXUAL PERFORMANCE IS COMMON DURING AND AFTER ILLNESS. HERE IS USEFUL MEDICAL ADVICE

Specific questions which may be useful are :

"Can you respond to sexual stimuli — erotic thoughts, pictures, masturbation, morning erections or a contact with a partner?"

"What is the quality and nature of response?"

"Is there any evidence of lubrication in vagina or erections present any time following a sexual stimuli?"

"What has been tried and what has worked?"

"Is there in any partner? How is his or her attitude?"

"How do you feel about experimenting on sensate focus exercises (interplay by avoiding sexual interactions)?"

To get detailed and accurate information one must show adequate concern. The patient's decision should be respected or if need arises should be re-evaluated when the patient is more comfortable.

Physical examination

It is very essential in almost all cases to rule out any constitutional disturbance responsible for the sexual problem.

Investigations

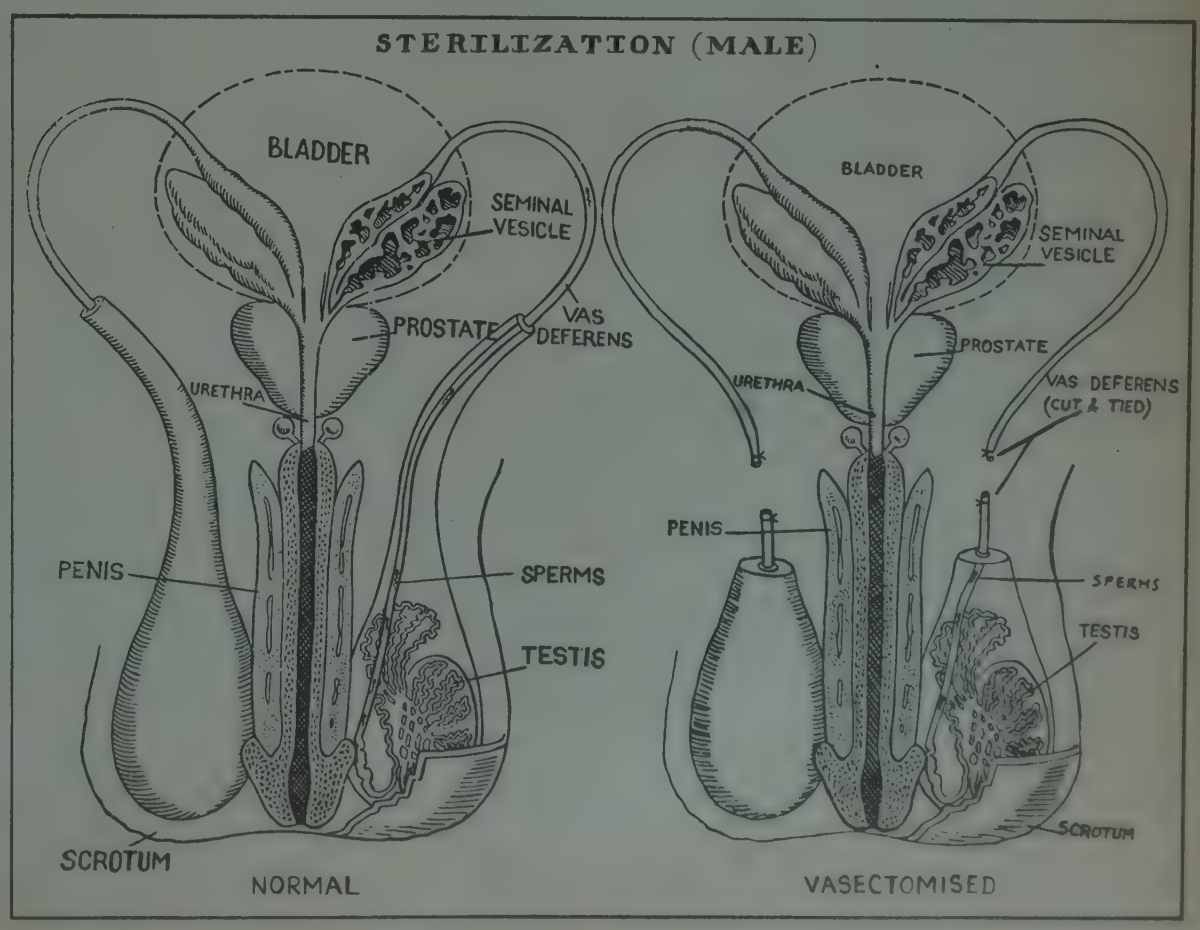
If necessary, metabolic or psychological investigations may be advised to confirm the diagnosis.

Treatment techniques (In General)

If the partner is available, necessary techniques to help the handicapped may be tried out. If there is no partner then erotic fantasy and autoeroticism (masturbation) may prove beneficial.

Education to disabled people is very essential and group discussions and mini-workshops can be of great help.

Many patients can be helped in a few sessions with the partners (if the



SEX DURING ILLNESS

problem is not from relationship or from a broader maladaptation) by effective counselling with an adequate blending of various erotic exercises and reading material.

Those who have a distorted self-image, relationship problems, deeper guilt, marital hostilities, etc., require more comprehensive counselling.

SEX AND HEART DISEASE

This is an area where authentic data is scanty and even the best information available is often haphazardly accumulated. Sexual activity significantly increases the heart rate and blood pressure, as well as the respiratory rate. Each case has to be judged on its merits. No one rule can be applicable to all cases, or even the majority of the cases.

How should each case be tested?

The test is carried out under the supervision of a cardiologist. The individual can pedal a stationary bicycle or can jog at a comfortable speed. Heart tracing should be taken during (preferably) and after this to determine the electrical activity present.

If this is not possible, then one should judge the physical capacity she or he has. When the patient returns home from the hospital she can gradually increase her physical activity till she can walk with reasonable speed for about thirty minutes. If she can do this without developing any chest pains, palpitation or shortening of breath, normal sexual activity may be resumed. If an individual begins to feel chest pains with this degree of physical activity then it should be noted that probably she is not fit to engage in sexual activity. Misinformation and combination of stresses such as fear and guilt which are widespread following a heart attack may make the distress more severe.

The following is worth recommending.

1. Advice should be given to both the partners.

2. It is advisable to suggest regular physical exercises for these patients because it keeps the heart in good state and the sexual activity will not be an unusually strenuous event.

3. Patients who have sexual activity at home are known to have comparatively lower heart rates and less stress than those with extramarital affairs.

4. It is advisable to perform sexual activity in the morning when one is not fatigued.

5. Various positions may be tried to perform coital activity in which one exerts much less.

6. It is advisable to avoid an elaborate meal and too much of alcohol prior to coital activity.

7. Nitroglycerine tablet may be prescribed before intercourse to prevent any pain or discomfort, chiefly in cases of ichaemic heart disease with angina.

SEX AND LIVER DISEASE

The anxieties of patients suffering from alcoholic liver disease, infectious hepatitis (jaundice) and severe hepatitis centre around real and imagined dangers of sexual intercourse and the risk of communicating the disease to the partner.

Alcoholic Liver Disease :

Cirrhosis of the liver due of chronic alcoholism is associated with changes in sexual desire and capacity. Sexual inadequacy does not come to the surface chiefly because patients might have some other problems which they consider more important.

Changes like spider angiomata, decrease in pectoral, axillary and pubic hairs, gynaecomastia in males, ascitis and edema are also common symptoms. These usually diminish the victim's attractiveness to the partner.

In women excessive alcohol may lead to early menopause. In the early stage of cirrhosis women may have excessive and intermittent menstrual bleeding. It may cause atrophy of the vaginal mucosa leading to dyspareunis (painful intercourse).

In men testicular atrophy is common in alcoholic liver disease. With chronic use of alcohol testicular atrophy may occur after which impotence is no longer reversible even with alcohol abstinence. Most patients don't have any desire for sex and are incapable of sustaining erection.

Infectious Hepatitis (Jaundice)

The virus of infectious hepatitis has not been detected in the patient's sputum, semen, saliva and other body secretions. The present medical knowledge acknowledges the fact that if gamma globulin is given early, it may protect against the disease.

After administering gamma globulin to the sex partners, the physician need not prohibit sex but should warn them against the increased risk of acquiring infections by oral-genital and anal sexual practices as opposed to the normal genital form of sex.

SEX AND RENAL DISEASE

Chronic renal disease may disrupt the entire equilibrium of a couple's sexual relationship. The problem usually starts when the failing renal functions lead to a build-up of ammonia (NH_3) in the blood circulation as urea or creatinine, which in high levels are toxic and lead to weakness, anaemia, drowsiness, organic psychosis, coma and death.

Common anxieties centre around fear — fear of ridicule, fear of rejection, fear of pain — all of which may counteract arousal. Usually patients have doubts whether renal disease can be transmitted coitally? Is coitus dangerous for life? Can I become pregnant? Will the baby be normal? Will the in-dwelling cannula came apart during coitus? Will I be able to perform the sex act properly? Solving these questions itself can reduce the patient's anxiety.

SEX AFTER STERILIZATION (Vasectomy)

It is a very simple type of operation. To understand the operative procedure well, it is necessary to understand the characteristics of the male reproductive tract. External genital organs of the male are penis and scrotum. The scrotum is divided into almost two equal parts by a median raphe. The two testes are situated in either part. Each testes has got two varieties of cells with specific functions. One which produces hormones which is directly diffusible in the blood and the other produces sperms which pass through the tube and reach up to the region of the prostate gland. This tube is know as vas (vas deferens) which traverses through the prostate gland and empties into the urethra, and the urethra extends out of the shaft of the penis.

Vasectomy is performed under local anaesthesia, and two small incisions are made on either side of the scrotum and a small segment of the vas is cut and the cut ends are tied (closed) off so that the sperms will be unable to pass through.

Hospitalisation is not necessary. Only rest at home for a day.

N. B.

1. Vasectomy does not interfere with ejaculation as the sperms constitute only a very small portion of the seminal fluid. Even after vasectomy a man will have almost the same quantity of seminal fluid but without the sperms.

2. Man's sexual desire and capacity is hormone dependent and therefore not affected by vasectomy. Tying or ligation of the vas has no effect on desire or potency.

...AND PREGNANCY

Sexual performance is one important expression of a healthy well-integrated individual and sexual disorders are one of the most common disorders of the human functioning. In our society cultural taboos, sex negativism, sex myths and misinformation cause people to believe even healthy conditions as diseased. Among women queries are about sex and menstruation, sex during and after pregnancy, sex after hysterectomy, etc.

SEX DURING MENSTRUATION

One can perform intercourse safely during menstruation. One is least likely to become pregnant despite the absence of contraception. Many couples find coitus more enjoyable at this time mainly because there is relative freedom from possible pregnancy and also because of enhanced sensation promoted by a moist vagina. Many women report that a satisfying intercourse during menstrual period relieves or reduces cramps and the full, heavy discomfort resulting from pelvic congestion.

Another fact which must be emphasized is that intercourse during menses does not increase bleeding. Women do report heavier bleeding initially but the duration of bleeding is often shortened by several days. It has been proved by Masters and Johnson that at the height of sexual excitement, the uterine musculature contracts rythmically from the fundus downwards and during the menstrual period propulsively expels the contents of uterine cavity. Complete evacuation of the menstrual material thus occurs more rapidly.

N.B.

Some doctors do advise the use of condom if intercourse is performed during menstruation. This is to avoid the rare possibility of post-coital urethritis. Coliform bacilli are frequent inhabitants of the vagina owing to its close proximity to the anus, particularly in women who do not clean their perineum well to avoid fecal contamination of the vagina. Menstrual blood may become a source of culture medium, facilitating an inflammatory reaction in the man's urethra.

SEX DURING AND AFTER PREGNANCY

In a healthy pregnant female where there are no complications and the woman desires a sexual relationship there is no definite contraindication to coitus in the first, second or third trimester of pregnancy. The physician may be consulted at any stage if bleeding, pain or anxiety occur. In situations where coitus is contraindicated, any means which lead to orgasm are likely to be harmful because of the accompanying powerful uterine contractions.

Oral-genital relations should be avoided during pregnancy because the man may force air into the vagina which may get absorbed by blood vessels in the pregnant uterus and the air bubble can travel in the mother's circulation and may cause death.

Sex in First Trimester:

It need not be refrained from in the first three months of pregnancy unless the women has lost babies in the past by "habitual abortion" — spontaneous abortion occuring three times in succession.

In this group of women, even masturbation should be avoided because the contractions of the uterus following masturbation (leading to orgasm) are more intense than intercourse. This fact was proved in the research of Masters and Johnson.

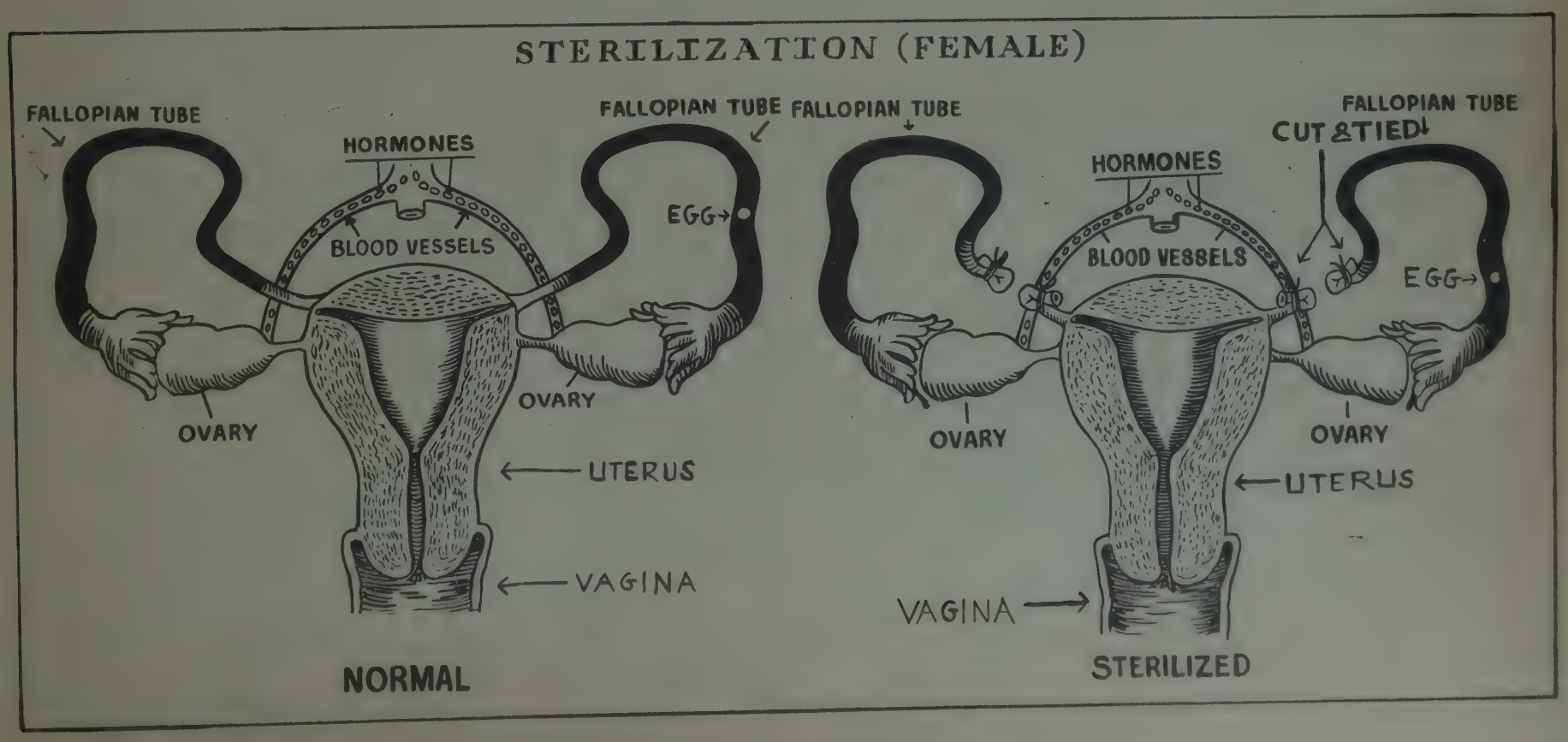
Sex in Second Trimester:

There is no reason to refrain from sexual activity during this period.

Sex in Third or Last Trimester:

At the end of the pregnancy when the baby's head engages in the cervix, the cervix descends into the main axis of vagina. After this, vigorous coital thrusting may cause the glans penis to strike the infant laden cervix, and spotting may result. Coitus will be dangerous at this stage. The position during coitus needs to be changed so that direct weight does not come on the foetus. If there is no pain, no bleeding and if the membranes are not ruptured, one can safely have intercourse.

Continued on page 45



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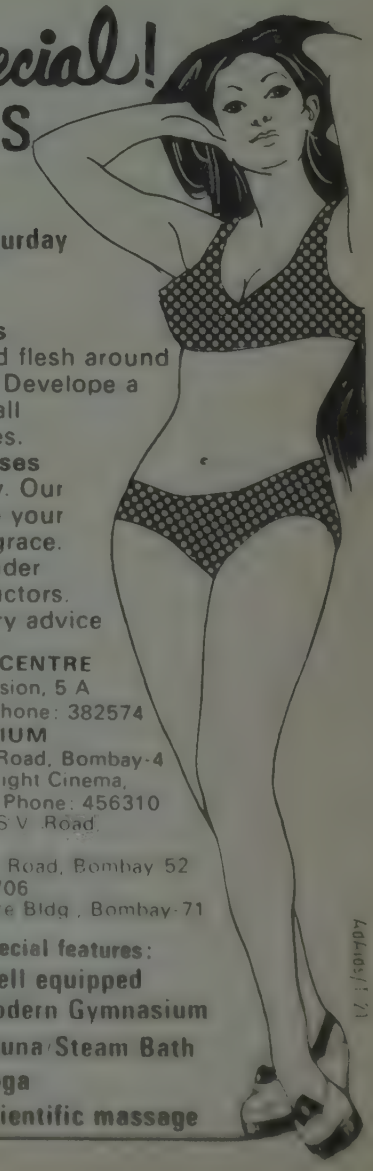

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PREMNATH:

HARSH TALK, SOFT HEART

Vijaya Irani

The Empire theatre in Jabalpur is a (small) symbol of Premnath the man — of his guts, his self-reliance, his ambition, and the realisation of his ambitions. As a child he had vowed to buy the theatre. Several years later, he did it.

How does such a strong man seem to his children? How do they view him as a successful man, as father, as guide? There is no better way to see a man — particularly a publicly misunderstood man — than through the eyes of his children.

Prem Kishen and Monty have followed their father into the film world. Prem has done his B.A. and is now making his way up as an actor. Monty studied only up to SSC. He is now assistant director to Manoj Kumar.

Life at the Premnath household, says Prem, is going along a nice, smooth, normal course. Prem is married and has a baby son. The sons are doing well in their line, and the father is a great success in his fresh career as character actor. The mother has taken a back-seat; she is out of the limelight, her brilliant career a pleasant memory.

Premnath's transition from successful hero to character actor took place with its natural share of pains. "He used to be a tennis enthusiast. In fact, that was the only exercise a busy hero like him could afford," said Monty. "But he tore his knee ligament and was forced to give up even this exercise. He began to put on weight and naturally it affected his career. No transition is ever made without hurt and pain. It was around this time that Dad turned his mind to the spiritual and the religious aspects of life. He went up into the Himalayas in his search and even made a few documentary films."

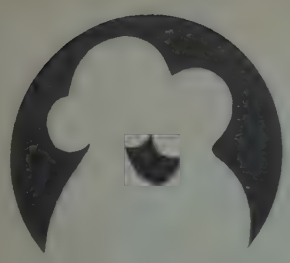
With Premnath on his spiritual trip, the family must have surely found itself in financial difficulties. How did it affect the young boys?

"We have always had our normal share of comforts. Whether he was going through good times or bad, our father never once made us feel insecure. As for the the times when he was away from films. . . well, our parents had put their earnings in sound investments and not blown them away. So we have never been wanting in any way."

"The Empire theatre at Jabalpur is one such investment. But it is also more than an investment. When my father was a small boy he used to be given just two annas as pocket money by his father who was Inspector-General of Police in Jabalpur. Now Dad had two passions, films and besan-ke--laddu. Often it was a hard choice. Once, when he had already blown his two annas on laddus, he saw there was a Charlie Chaplin movie on at the Empire. He had to see it. So he jumped the back wall of the compound, slunk in through a side door and sat down in one of the front rows. In the interval the watchman came up, dragged him out when he couldn't produce a ticket and threw him out. Dad swore then he would become a big actor and buy the theatre.

Continued on page 47

Photograph : D. P. Yadav



There is need for a re-ordering of our plan priorities, with the focus on children. Children have too long been a neglected asset

CHILDREN — a neglected national asset

For India, the International Year of the Child should be a time not of celebration or sloganeering but of a search for alternatives to the condescending morality that has informed our public policies on child development. The story is told of the bureaucrat who sincerely believed that the duty of caring for the child lies squarely with the family. How comfortingly different would our national child statistics have been, were they confined to, say, the top third in economic status?

"This generation is convicted to hard labour," Jawaharlal Nehru used to say. Implied in this wise judgement were a plea for self-denial and a thought for the young. But it was a high-minded call for voluntary action in an open, if yet unfree, society. There was the idealist's yearning that even the rich shall not be denied for a moment their freedom if they helped in bringing up the poor. There was also the hope, prompted maybe by the Western experience, that economic growth would inevitably lead to social change, that the welfare state might pave the way for the just society. All the same, the path that India took represented a soft option — painless for the fortunate few and, as it turned out, hopeless for the unlucky many. That is where we are today, and there is no lobby in Parliament or elsewhere for nearly half the population living below the poverty line.

More than a 100 million children, all under 14, belong to this segment. These children are apt to lose their innocence quickly and are looked upon by the rest of the society, not as an asset, but largely as a burden. They have been object of pity and compassion at best, of neglect and exploitation at worst. Their parents have been cursed and punished for having borne children they did not have the means to care for. They have been denied an opportunity to participate in economic development even to the extent of earning a bare livelihood. And it is their children who account for two million deaths a year of babies under one year of age, whose health is impaired even before they are born of anaemic mothers. Others drop out of schools that peddle a kind of education totally unrelated to the conditions of their living. What new society can emerge in a country where 163 million children do not have access to safe drinking water, where three-fourths of all children are undernourished and only three per cent pre-school children of normal body weight?

Isn't it about time that we accepted the goal of an egalitarian community, not merely in our constitution or national policy statements (like the one in 1974 on children) but also in daily practice in and out of government? If policy-makers are not moved by the concept of social justice, the value of equal opportunity for development deserves to be accepted as a necessary condition for efficient selection.

Some major principles thus emerge in the context of child development. First is that it must be seen as a crucial component of economic development. If the adult has, for example, little aptitude for productive work, he is probably only prolonging a childhood habit. Again, you cannot give every child milk daily unless milk production increases manifold, which may yet be easier than forcing the adults to give up milk and its variants. So, too, learning cannot be promoted if it is not seen to be relevant to making a living.

Shelley Ganguli

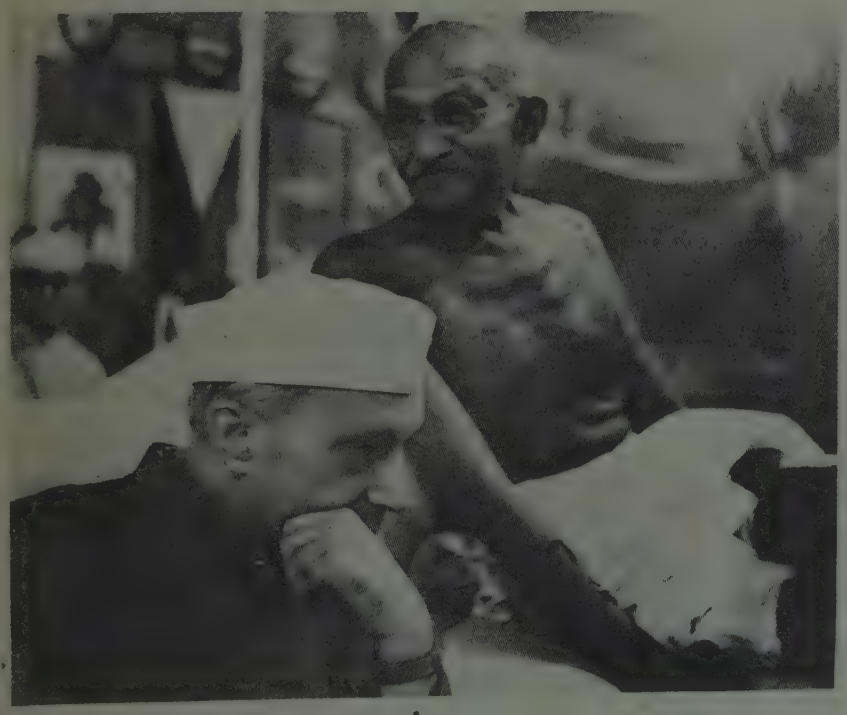
If a child has to be fed, clothed, housed and educated even modestly, a per capita income of at least a hundred rupees a month at current prices would be necessary. Not even a third of the population has this income. It is then evident that special programmes for children's welfare however useful to salve a guilty national conscience, cannot be expected to alter the sub-human condition of life of the majority of them. The proof of this lies in the record of child development programmes of the first five plans. And there is little assurance that the 1978-83 plan would make more than a negligible difference to the quality of their lives. Without much larger and more diversified economic activity than at present and in a direction relevant to the poorer half of the population, it is impossible to provide all children with a reasonable standard of nutrition, health and education. This means a more basic re-ordering of plan priorities than attempted in the sixth plan, in favour of the poor and the young at the expense of the entrenched and the rich.

That brings us to the long-delayed need for redistribution of assets — of agricultural land, urban real estate and corporate property. If the existing distribution is to perpetuate itself, there is no hope for the poor and their children — even with economic development. A poor child will then continue to be considered an inferior child. Simultaneous with the asset redistribution, production and distribution of consumer goods must be so organized as to be biased in favour of the poor. Plan after plan supported this on paper, only to shelve it without ceremony at the working level. In fact, the effort at reducing economic and social inequalities should take the form of ending the wide disparities in income and wealth. There should be massive outlays on health and education specifically for the disadvantaged, ambitious public-sector investment through appropriate mobilization of the nation's resources, and a scrupulous adherence to the principle of equality of opportunity.

Once a high rate of sustained growth and a sharp reduction of inequalities are in sight, it would be far easier to regulate the population growth of 2.5 per cent a year to less than half that level. Family planning would in such a context not be merely a means to limit the number of lives, but an auxiliary help to improve the quality of young life.

If child development cannot be divorced from socio-economic development, the latter can only be a deliberate consequence of a particular political philosophy. Is it then time to give up our traditional preference to change through peaceful and democratic means, so that 100 million children of India may be saved? Is there an alternative to their becoming the children of a rather un-Indian revolution?

Thomas Matthai



ABOVE: Education or token literacy? Despite the growing school-going population, the outlay on education has steadily fallen over the years.

LEFT: Nehru, whose birthday is celebrated as Children's Day, himself did little to promote child development programmes. And Gandhiji's Ramrajya and concept of equality seem unreachable goals.

BELOW: Early training for hard labour.

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and make
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YOUNG VIEWPOINT

A forum for young people to express their opinions, share news about their activities and get to know more about each other

GROWING UP TIME

Elizabeth

Children have to grow up and lead an independent social existence. An inevitable moment arrives when they announce their desire to go away from home, either to study, work or marry. It seems to me that preparing young people and encouraging them to stand on their own feet is a part of good parenthood. But it is surprising how few parents realise this. So far, their life has been centred round their children and they find it difficult to contemplate of a separation until the actual hour arrives. Mothers in particular have a hard time adjusting themselves to a new life, without the children.

Can young people enjoy adult status while living with their parents? The answer to this question might probably be 'yes, it is a perfect way to lead a harmonious life'. However, we have overlooked the real meaning of adult living. Adulthood is not a bed of roses. The ability to make decisions for oneself, cope with difficulties and overcome them are some of the responsibilities involved. Besides, there is an enormous difference in merely handing over a portion of one's earnings to parents and paying one's way through life. A young man or woman who adopts the former method isn't really learning how to manage money in an adult way — the parents are still doing it for them. On the contrary, a youngster who is independently running his own home understands the financial facts of life. He succeeds in becoming a self-made man by the help of his personal experiences.

Of course he might make occasional mistakes. Money mistakes can be fun as well as educational when one is single, but after marriage they can lead to misunderstanding and marital stress.

Whenever I survey young married couples I usually notice the difference between those who went into marriage from their parents' home and those who lived on their own before matrimony. A young man who has never had the experience of running a home is unable to give his wife the right support and understanding for household financial problems. A young wife who has never lived away from home finds it hard to manage on her own.

For example, a girl or boy who has a job and is living independently can share a flat with a couple of friends. When they do this, they learn how to take care of their personal needs and how to adapt themselves to others. At home there is a tendency for the parents to adapt themselves to their children.

A young person staying at home is very well looked after. The daily household chores of cleaning, cooking, washing and mending, besides the buying of essential commodities for the house, is smoothly managed under the mother's supervision. A few young people do contribute their share of help in running a home, although none of them shoulder the real responsibilities involved. It is also rare to see a mother sit back and allow any member of the family to cope with all his own needs. She pampers them as much as she can.

The main fear some parents have is that their child may go astray once he is away from their guiding influence. Involvement in emotional or sexual difficulties reign uppermost in their minds. Let us view this point practically. Merely living at home does not protect young adults sufficiently. Even they are susceptible to such obtuse relationships. Only sound basic training, besides their own innate good sense, can help them.

Interestingly enough, parents who help their children to branch out and achieve adult status are also able to cope with the change in their lives for better than those who prefer to tie them to their apron strings. They realise the demands society has on them and their children. This helps them to see the child in a different light.

A pair of parents I know say: "When our son decided to become an army officer instead of handling the family business, we all were very upset. There was a great deal of misunderstanding and tension. However, now everything has turned out for the best and we are glad that we allowed him to branch out at the right time. We are extremely proud of him.'

Another mother says: "My daughter wanted to become a doctor. We lived in the country and it meant that she would have to leave home for her training. Having lost my husband a few years earlier, I was reluctant to let my only child out of my sight. But, after consulting a few friends, I soon realised my selfish motives, and putting my feeling aside I tried to help her. In doing so, I gained her respect and gratitude forever. Now she is happily married to a man of the same profession. Even I wouldn't have been able to chose a better future for her."

QUIZ-WHIZ

Meenakshi Rao

Six times winner of the famous T.V. quiz contest "What's the Good Word", is no small achievement for young Meenakshi Rao, a second year student of General Physics at the I.I.T., Powai. "I was just thrilled at this rare achievement", said Meenakshi bubbling with joy. "Each time I appeared on the programme I was expecting to lose, but surprisingly I was successful six times."

As she modestly put it, "It was not ability alone but ability and luck that helped achieve this feat. It just happened that the words that I got were easy to clue. To a certain extent my success depended on my partners also."

Quiet and bashful, Meenakshi said that this was her first participation in a quiz programme. Neither in school nor in college did she ever participate in quizzes or declamations. However after her spectacular performance she has been selected for the I.I.T. hostel quiz team, and of course, is hoping for favourable results.

Meenakshi is a voracious reader, and with a mischievous look in her eyes says "Actually I was more thrilled with the book coupons I got each time I won than I was with just winning the quizzes." She has no special author to whom her reading is restricted. Her other pastimes include badminton, swimming and hiking. After a hectic schedule at the Institute Meenakshi just loves to switch on her stereo and abandon herself to the world of pop music when she comes home for week-ends.

We hope that Meenakshi is always under the influence of her lucky star and that her ambitious plans start taking shape so that soon she'll be able to hitch her wagon to that 'lucky star'.

Rossanna Rebello

STILL THE

SIMONE DE BEAUVOIR

Interviewed by
PIERRE VIANNSON-PONTE
senior Editor of
Paris daily "Le Monde".

Simone de Beauvoir wrote the famous feminist work, "The Second Sex", in 1949. Her most recent book is "All Said and Done".

In "All Said and Done" you stated, "When I wrote 'The Second Sex', I was too quick to believe that a women's victory was imminent." Has women's status changed much?

I thought that a woman's victory would be linked to the arrival of socialism. But socialism is a dream: it doesn't exist anywhere. The countries we call socialist are not socialist. Furthermore in these countries the status of women is no better than in the capitalist countries.

Well, something is happening in the U.S.S.R. Women are working more. To me this is essential — a woman must have her economic independence. Only in the U.S.S.R. she still must reconcile it with her work in the home. Many Russian novels and short stories have pointed this out very well. In the Soviet Union the woman must — even if she is the head of a hospital or a great surgeon — be the one to go home and do the housework, the cooking, the shopping. She has a double burden. I no longer believe that an improvement in the situation of women is connected to the coming of socialism.

Have things changed in France?

They have worsened a bit. That is, there are many more crimes of violence by men against women. We speak about such crimes more because we are encouraging women to report rape; they used to be afraid to talk about it.

In my youth, I was never forced to leave a movie theatre because I was alone. Many of my young friends, however, can no longer go to the movies or walk by themselves. Women experience unprovoked assaults by men even in their own homes. There is a hostility resulting from the emancipation of women which makes men much more aggressive and dangerous than ever.

Has there been emancipation?

To a certain extent. There certainly has been in the sexual sphere, because of contraception and even because of the abortion law, which is being very badly administered — many illegal abortions are still being performed.

Real emancipation, however, does not take place in the sexual area, but in the workplace, in the chance to find meaningful work and lead a successful life. Some women have been promoted, We feminists call them token women because they are exceptions. It is an exception for parents to invest as much in a girl's education as in a boy's.

In a 1967 interview you said, "Feminism is a way of living individually and struggling collectively." How does one do this?

I always use that expression; it means that individually we can try to get rid of economic restraints upon women. We can try to get a job, to work outside the home, to have a career.

This can be dangerous, because our objective as radical feminists is not to take the place of men and to replicate their faults. The special qualities of women are the result of their oppression: women don't have the sense of their own seriousness or of the role to be played that men do; they don't have that frantic competition and taste for power. We don't want women to take on men's character defects.

This having been said, more careers certainly are opening for women. Only in many cases the jobs remain at very low levels. For example, many women can go to law school and become lawyers but most will simply be assistants in a male lawyer's office. Very few will manage to become independent lawyers with their own offices. The same goes for women doctors. They will be more or less confined to paediatrics or community medicine, and they will enjoy less esteem than doctors in general. To the extent that more women go into a career the career decreases in value.

For how long have you defined yourself as a "Radical Feminist"?

I always said I was a feminist to the extent that to me feminist meant demanding identical conditions for men and women. But no collective work going on among women really interested me. It was only about 1971 that I began to meet young women who contacted me about the abortion issue and with whom I began to work in complete sympathy — because they were feminists not in order to take the place of men but to change the world as set up by men.

What can women achieve in the next ten or twenty years in France?

We can make some gains, since we already have, in the areas of contraception and abortion. More rape trials are taking place, and support is being given to battered women. All this influences public opinion. Even men cannot be totally insensitive to it; they have to be more intimidated when they think of raping or beating a woman.

If the movement continues in a serious way we could get real equality in salaries; they are equal according to law, but women's jobs are downgraded so women can be paid at a lower rate. If a woman does the same work as a man she is given a lower job and salary.

There is potential for more equality in housework. Women are demanding that they no longer be the only ones to do such work and raise children; the State could help them with daycare centres and the like. A lot of young men work in nursery schools now, whereas this used to be a totally female profession.

Even in a left-wing government wouldn't a ministry and legislation for women be necessary?

No. Just as Women's Year did not seem to be valid to me, I don't think women should be dealt with separately. Anyway, left-wing parties are not any more favourable toward women than right-wing. This is one reason truly feminist groups were formed; many women realized that even within the Communist and Socialist parties they were treated like men's subordinates.

Don't you wish that many more women would run for office, and don't you encourage this?

Not so much. I am not much in favour of parliamentary representation. I don't really see what women could do if they were elected, except be token women in this area, too. On the other hand, a women who has political, social or intellectual responsibilities is obviously much more in a position to help other women.

But when women succeed in this sphere they often lose solidarity with other women and think that since they have succeeded, any woman can. This is absolutely untrue, because if one woman suceeeds, it is through luck, or birth, or money, and it doesn't prove that the situation of women has changed.

Is the near-failure in changing the condition of women in France, which you describe in "All Said And Done", more a failure of socialism and politics than of women?

It is a failure of both. But feminism is on the right track. Feminism wasn't anything, really, fifteen or even ten years ago, and now it represents a force; whereas I don't see that socialism has made any progress.

Are you writing anything now?

I am especially interested in the possibilities of bringing some of my books to the screen. A Swedish friend made a film on old age based on **The Second Sex,** and I helped with it.

Do you want to make films true to your works, or more militant?

Very true. I have never written anything militant in the strict sense, except for some essays and prefaces. Even though I believe that literature should have a political commitment, I don't believe it should be militant, because then you get into socialist realism, positive heroes, and lies. In my books I have always tried to stay close to real life.

I have been criticized for my recent books, **The Woman Destroyed and The Beautiful Images.** Some woman complained that I did not present positive heroines, because I showed mostly broken, unhappy women. I did so because that is how I see and feel today's feminine condition. I have no desire to present heroic, militant women whom I feel are nonexistent and utopian.

SECOND SEX

A FEMINIST LANDMARK

Simone de Beauvoir's **The Second Sex** is considered one of the most extensive and candid assessments of the role of woman through the ages, particularly in the Western world. She examines the present conditions of women by tracing their historical situation right from the time of the nomads, as regards their individual and social relations.

The author maintains that although numerically woman constitute at least half the human race, they have had a 'secondary' status imposed upon them, becoming a 'second sex'. Simone de Beauvoir draws heavily from religion, culture, tradition, literature and daily experience to illustrate her points, and then concludes that ". . .it is not the inferiority of women that has caused their historical insignificance; it is rather their historical insignificance that has doomed them to inferiority. . .''; that "one is not born, but rather becomes a woman. No biological, psychological or economic fate determines the figure that the human female presents in society; it is civilisation as a whole that produces this creature. . .''

It is thorough conditioning by "civilisation", that has transformed woman into the "property" of man (of her father, her brother, her husband), constantly relegating her to the position of a subordinate to the male. So much so that she has become incapable of taking her rightful place among human beings as a free and independent person and of interacting with men on a basis of equality, intellectually and professionally. This unfortunate situation in which she finds herself, restricts her achievements in many fields and reinforces the derogatory view that men (and often women themselves!) have of her.

The myth of the woman, propagated through religion and literature, is then accepted in real life. Simone de Beauvoir examines the writings of five renowned authors — Montherlant, D. H. Lawrence, Claudel, Breton and Stendhal — who reflect five different but "typical" attitudes towards women. The author's aim is to shatter these myths which only serve to deteriorate the situation of women, and she gives in conclusion, her view of the emancipated woman of the future. "To recognize in woman a human being is not," she says, "to impoverish man's experience . . . to discard the myths, is not to destroy all dramatic relations between the sexes, it is not to deny the significance authentically revealed to man through feminine reality; it is not to do away with poetry, love, adventure, happiness, dreaming. It is simply to ask that behaviour, sentiment, passion be founded upon truth."

Truth, which will be revealed only when the very system itself changes. Even today, the author claims, men have duplicity in their attitudes. They are prepared to accept woman as a fellow human being, but they still need her to remain "inessential". The most basic change that is necessary is that woman, through "gainful employment" becomes economically independent, for, "once she ceases to be a parasite, the system based on her dependence crumbles." And therefore, the fate of woman's liberation and that of socialism are inextricably linked. In **The Second Sex** Simone de Beauvoir projects her vision of the future as "when the socialist society is established throughout the world, there will no longer be men and women, but only workers on a footing of equality." And she concludes the book with these words of Marx: "The direct, natural, necessary relation of human creatures is the relation of man to woman.

"The nature of this relation determines to what point man himself is to be considered as a generic being, as mankind; the relation of man to woman is the most natural relation of human being to human being. By it is shown, therefore, to what point the natural behaviour of man has become human or to what point the human being has become his natural being, to what point his human nature has become his nature."

Gouri Salvi

SEX DURING ILLNESS . . .AND PREGNANCY

Continued from page 37

Normally doctors advise abstinence from sex for six weeks before and after delivery. In the majority of cases, it is not necessary to prohibit sex for such prolonged periods. Usually there are three main reasons for restricting sexual activity.

1 Surgical incision made to ease the birth of the baby (episiotomy) may not have healed completely.

2. There may still be some uterine bleeding.

3. The woman may not feel inclined to sex. In most women, all these may end after the third post-partum week.

SEX AFTER STERILIZATION

It is one of the most successful forms of birth control operations. To understand the procedure well one needs to have a little knowledge of the female reproductive mechanism.

The ovaries are the female sex glands and their main function is to produce eggs and to produce hormones which makes a woman 'female'. These hormones are secreted directly into the blood-stream and only the egg, released from the ovary, passes across the opening of the fallopian tubes. The egg then journeys down the tube and if it meets the sperm, pregnancy occurs. The fertilized egg then migrates down the tube into the body of the uterus where it implants itself and pregnancy begins.

Tubectomy is performed under general or spinal anesthesia. An incision about two centimeters long is made on the abdomen and the two fallopian tubes are cut and the cut ends are tied (closed) off. After this the egg from the ovaries cannot reach the uterus nor can the sperm gain access to the egg.

Hospitalization is necessary for about six days.

One must remember that it does not affect the woman's sexual desire, her ability to menstruate, because both are hormone dependent. The female hormone is secreted directly in the bloodstream and is not affected by tying of the tubes.

SEX AFTER HYSTERECTOMY

Usually sex life after hysterectomy, will be the same as before, regardless of the approach, vaginal or abdominal. If both ovaries are removed at the time of operation, systemic or local estrogens are necessary to maintain the normal healthy vaginal epithelium to prevent the development of senile vaginitis.

WANTED: more jobs for women

The Union Minister of State for Education, Culture and Social Welfare, Mrs. Renuka Devi Barkataki, announced here recently that the Union Government has drawn up a national plan of action for the uplift of women and urged the State Governments and voluntary organisations to cooperate fully in its implementation.

Mrs. Barkataki was chief guest at the two-day state level seminar on "Women and Development" held in Calicut. Chief Minister P. K. Vasudevan Nair presided.

Mrs. Barkataki said the plan suggested action in the administrative as well as legislative fields to deal with education, employment, health, nutrition, family welfare, and legal social status of women.

She said that plans of action at the international and national levels were mooted at the World Conference of Women held in Mexico in 1975 under the aegis of the United Nations. But very few countries had given shape to the national plans of action, she added.

The UN General Assembly had suggested a mid-decade appraisal of the progress towards the targets set down in the world plan of action and to suggest measures for the action that could be taken for the rest of the decade.

The conference for the mid-decade appraisal was expected to be held in 1980, she said and added that India would host one of the regional conferences that would precede it. A number of Asian and Pacific countries were expected to participate in the Asian regional conference.

Mrs. Barkataki dwelt at length on the miserable condition of women all over the world and said that it was to focus attention on their plight that 1975 was observed as the International Women's Year and the 1976 to 1985 period was being observed as the women's decade.

In India, though women accounted for nearly 50 per cent of the population, they enjoyed equality with men only in theory, she said. Literacy among women was only 19.36 per cent compared to 47.69 per cent among men.

The participation of women in the work force was 28 per cent and that of men 52.5 per cent. The life expectancy of women was also lower compared to men, the figures being 49.3 and 50.7 years, respectively.

Mrs. Barkataki said that it needed no argument to prove that the translation of notional equality into real equality would depend on equality of opportunity. It was therefore essential, she said, to combine and synchronise a campaign for the creation of opportunities with a campaign for the attitudinal changes that were necessary to promote progress.

Kerala Governor Jothi Vencatachellum, in her inaugural address, urged more and more women to come forward to take up employment as it would considerably reduce the economic difficulty of the family. She asked women's organizations to devise ways and means of improving the employment opportunities of women.

She exhorted women to keep in mind that they were also mothers of children who would grow up into men and women. She therefore asked them to give due importance to the upbringing and development of children.

"We will hold a national conference soon as part of the preparation for participation in the regional conference," she said.

He urged the organizers to discuss women's problems in the State's context and not in a general way, so that a clear picture of their present condition could be obtained and the future programmes planned.

Prohibition and equal wages were among the subjects on which as many as 14 resolutions were passed by the two-day seminar, which was organized by the Kerala State Social Welfare Advisory Board.

The seminar also urged the setting up of a welfare department for women and a corporation for taking up the development of women's industries and handling the marketing of their products.

Aleykutty

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ANSWERS TO EVE'S WEEKLY QUIZ CONTEST 17

1. Mr. Tulsi Meher Shrestha.
2. Australia, Greece, Great Britain, United States, Switzerland.
3. Mrs. Phantog (China).
4. International Women's Day.
5. C. Rajagopalachari.
6. Unnamed.
7. Rig Veda, Atharva Deda, Sama Veda, Yajur Veda.
8. Hamlet.
9. To measure wind force.
10. 1936.
11. Ilium.
12. Premjit Lal. He is co-author of the book with his wife Georgina.

None of our readers was able to send an all-correct solution to Quiz 17. The prize amount of Rs. 50 will be carried forward, so the winner of Quiz 18 will get a prize of Rs. 100.

DR. NEELAVATHI

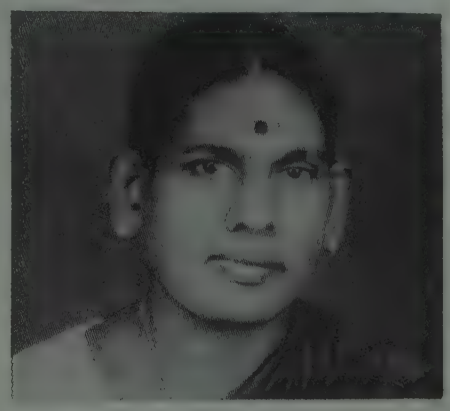
POPULARISING INDIAN MEDICINE

"Indian medicine could not get due credit because of the non-availability of research facilities." says Dr. (Miss) Neelavathi, the first woman director of the Directorate of Indian Medicine. Tamil Nadu.

Dr. Neelavathi defined Indian medicine as the use of indigenous medicinal herbs for curing diseases, as well as some medicines prepared out of mercury and its compounds, etc. There are three systems of Indian medicine — Siddha, Ayurveda and Unani.

All Siddha literature is in Tamil. Siddha is widely practised in Tamil Nadu and Sri Lanka. There is a college to impart training in Siddha system at Palayamkottai with a 208-bed hospital. The students are trained for BIM or BSM & S and MD. (Siddha) degrees of Madurai University.

Ayurveda textbooks are in Sanskrit and some literature is also in Malayalam. In this systances. There are other preparafrom herbs and inorganic substances. There are other preparations like Asavams and Arishtams. These are processed by keeping the prepared medicines underground covered by husk for 45 days. There are two private colleges of Ayurveda in Tamil Nadu.



The Unani literature is in Urdu. This system is famous for its Halwa (as the Nawabs called it). These medicines are used as tonics and for general health.

All the three systems of medicine are practised in the Aringar Anna Government Hospital of Indian Medicine. The hospital has a 9-hectare herbal garden.

The Central Council for Research in Indian Medicine has set up Ayurveda and Unani research centres all over the country; there is one research centre for Siddha at Madras where cancer, gastric problems, ulcer and jaundice are studied. Besides, there are research units for the study of psoriasis, rheumatoid arthritis, jaundice, paralysis and sciatica.

Thanks to the State Government, all efforts are being made to revive the past glory of Indian medicine. The pharmacy is to be mechanised. At present the medicines are made by hand. Rare Siddha manuscripts are being taken up for study and compliation. A committee has been constituted for the development of Siddha science. Dr. Neelavathi has no doubt that Indian medicine will soon become popular.

"Our forebearers considered health as vital. Hygiene and preventive measures for many diseases were incorporated in the daily routine of diet and fasting connected with socio-religious activities," says Dr. Neelavathi. "With the advent of Western civilisation many of these customs have been neglected."

I would like to see Indian medicine develop and be on par with Western medicine, if not excel it," concluded Miss Neelavathi.

Shanthi Gopalan

PREMNATH

Continued from page 39

"When he got into films, he made a hit with **Badal** and the first thing he did was buy the Empire. On the inauguration night, he repeated his childhood feat: jumping the backwall, breaking in, sitting in the same seat. And then he tipped the watchman a hundred bucks."

"He was a self-made man, brought up by a strict disciplinarian. So he has always told us to be self-reliant," said Monty.

"Love we have always had in plenty from our parents. But we were never spoilt. I never got any pocket money, even today I don't," said Monty. "I remember when I was about nine and had asked for something. Dad said to me, 'Why don't you earn some money?' 'How can I earn?' I said. I was so young. He mentioned my talent for writing poetry and painting. He said he would buy each poem or painting of mine for a rupee."

"Dad is a much misunderstood man; he may talk harshly, but he is all soft inside," said Monty. "Like a pineapple," he said after some thought, "all spiky from outside and sweet-soft within."

How do the sons react to all that is written about their father?

"Film people are also human beings; it hurts us when things are written about our parents," said Prem Kishen. "Generally when untrue things are written, the fans and readers who don't know the truth naturally believe all they read and it damages our image. The press and the film industry both need each other."

"We have been given everything in our home, we love and respect our parents. We could have been spoilt like some of the children of other stars, but we have been taught the value of life. Dad told us we could never value success unless we struggled for it and we are doing that now," said Prem.

The boys said they too could have been launched into stardom like the sons of other stars who they feel are just blowing their fathers' earnings in the 'launching'. But that's not the way Premnath does things. And that's not the way Prem Kishen and Monty would have liked it. They have been brought up to believe that no one can give you what you want, none better than your very own self!

PROTIMA BEDI: From Modelling To Odissi....

Continued from page 11

not understand why a newcomer like her, whose name was linked with filmland scandals, was taken. Old timers referred to her as a "dilletante" who was trying to dabble in things beyond her depth.

Most dancers take about twelve years to train, and three to four years to establish themselves. Here was Protima who, after only four years of dancing, had started getting good reviews in the press, and had also performed abroad. They felt it was all a publicity stunt. They had perhaps overlooked how hard she had worked in telescoping decades into years so to speak, say those who know her personally. They say her critics have misjudged her sincerity and dedication and her determination to shed her old image. She had practised for sixteen to seventeen hours a day, realising that there were no short cuts to achievements of any kind.

Odissi has been described as one of the most lyrical and sensuous of dance forms, with its accent on torso movements. Protima's figure seems naturally suited for the statuesque postures that this dance calls for. She finds it easier for her older students to grasp Odissi, since they are mature enough to understand "the body language" of Odissi. Protima believes, and rightly so, that there is much more to Odissi than sculpturesque postures. Her method of teaching comprises of lectures on the evolution and philosophy of this and other dance forms.

Her main aim is to promote Odissi and for that she must be a performing artiste. She feels that everyone in India should see this dance form at least once, and so has been performing in the small towns of India. She has also just returned from a successful European tour. The reaction there was said to be very favourable but, according to her, the appreciation from people like Pandit Maniram meant much more than full houses abroad. Unfortunately, one of the yardsticks of judging the success of an artiste in our country is the number of foreign tours she undertakes. She would not like to spend too much time away from home, and from her school and so will limit her tours to the minimum.

All the other present day gurus have started falling out with Guru Kelucharan, as they have developed their own styles. The purity of Odissi, says Protima, is thus disappearing. Protima is very keen to retain this purity, and perhaps it will be easier for her to do so, since she has not been ingrained in any other dance forms.

Every student is not equipped to start a school and even promoting oneself is not an easy task. To pay for all the expenses involved she accepts a few modelling assignments. By doing this she has once again exposed herself to criticism. She finds herself, therefore, right in the middle of both modern and traditional times. Perhaps only a person like her can maintain these two contrasting identities, but this should be a commendable quality and not to be condemned one. Maybe Protima as a dancer is over-rated, even raw but what she is trying to achieve for the revival and preservation of Odissi definitely deserves some credit.

PEOPLE AND EVENTS

BOMBAY

The Sophia College — Shree B. K. Somani Memorial Polytechnic recently presented the "Globe Star Nite", at the Shanmukhananda Hall. It was sponsored by Globe Trotters Tours & Travels.

The highlight of the evening was songs sung by popular playback singers. Mahendra Kapoor, Hemlata and Ravindra Jain regaled the audience. A beauty contest was held on the occasion compered by Jalal Agha. Roopam Berry was crowned the Globe Queen, and Amrita Kochhar the Globe Princess.

The proceeds of the show are earmarked for Sadhana, a welfare association run by the polytechnic, to aid spastics and mentally retarded children.

* * *

The Indian Music Group of the St. Xavier's College presented a three-day festival of classical music on January 25, 26, 27, featuring such eminent artistes as Amjad Ali Khan, Shivkumar Sharma, Hariprasad Chaurasia, Ravi Shankar, and Arjun Shejwal. The group was started by four enthusiastic students to popularize traditional music and dance. The climax of the present festival was the final all-night session beginning with a **tabla juggalbandi** between the father-son team, Alla Rakha and Zakir Hussain and ending with a memorable vocal performance by Gangubai Hangal.

* * *

Mrs. Ila Desai of "Archit", a welfare organisation, will be holding an exhibition-cum-sale of hand-embroidered silk and cotton sarees, flower pot hangers, plant holders, small dressing tables, bed tables and bottle holders all in macrame, at the Eka Art Galleries, Chowpatty, on March 2 and 3.

* * *

The twentieth Annual Vegetable, Fruit and Flower Show of the Friends of the Trees will be held on Saturday March 3 and Sunday March 4, 1979 at the Veermata Jijabai Bhosle Udyan. The Municipal Corporation of Greater Bombay are co-sponsoring the Show.

Those interested should contact the office of the Friends of the Trees, 148 Mahatma Gandhi Road, Bombay-400 023 (Telephone No. 294758) and/or office of the Garden Superintendent of the Municipal Corporation at VJB Udyan, Byculla, Bombay-400 027 (Telephone No. 375799). The last date for submitting entries is February 28, 1979.

* * *

Mario Miranda held an exhibition of drawings called **Germany in Wintertime,** his impressions during a recent visit there at the invitation of the West German Government. The most interesting feature of his drawings was the expressions captured on the faces of his subjects and the depiction of their moods and personalities in the way they stood or slouched or sprawled. His series of draw-

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1. Seen at the District 314 Inner Wheel Conference, held recently in Bombay, are from left, vice-chairman Mrs. Veena Gandhi, association president Mrs. Prema Ullal, chairman Mrs. Usha Haribhakti, secretary Mrs. Shirin Pettigara and treasurer Mrs. Chandrakala Marfatia.

2. Seen at a reception hosted by Hotel Oberoi Imperial, Singapore, and the Lanka Oberoi, Colombo, at the Oberoi-Sheraton pool garden, Bombay, for representatives of the airlines, travel agencies, the consular corps and the press, are from left, Mr. S. Dasgupta, GM, Oberoi Bogmalo Beach, Goa, Miss Babupule of Oberoi Lanka, Colombo, Miss Ragini Kackar, sales manager, Oberoi Sheraton, Mr. A. Siddiqi, GM, Oberoi Sheraton, Bombay, and Mr. T. K. Pillai, mgr., Air-India, Western India.

3. Protima Bedi welcomes Nargis Dutt, who inaugurated her Odissi Dance Centre at the Prithvi Theatre Workshop, B'bay.

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ings on Types (the old lady with dog, lady taxi driver, beer belle and business types, specially) were delightful.

The exhibition was organised by the Max Mueller Bhavan and Lufthansa.

* * *

Shyla Jhangiani will hold her first exhibition of artwork, 'Ideas Incorporated', covering a range of work in metal relief, reproductions of master paintings in oil, her own paintings and pictures on canvas and thermocol. The exhibition will be held at the Aakar Art Gallery from February 23-25.

DELHI

Two musical concerts delighted the audiences in the capital recently — the Korean Children's Musical evening at the AIFACS Hall presented by the Indian Council of Cultural Relations and a Sham-e-Ghazal programme at the Kamani Auditorium. The Korean children, dressed in beautiful costumes, sang the opening song while the backdrop projected the scenic beauty of Korea. The highlight of the performance was the Korean children's orchestra. The Korean instruments produced a soft and delicate refrain.

At the Kamani auditorium Anjana Chopra, Kawal Sidhu and Jamil Ahmed regaled the audience with choice ghazals from Ghalib, Jigar and Faiz.

CALCUTTA

The Fourth National Sports Festival for Women was inaugurated by Field Marshal S. H. F. J. Manekshaw, the President of the All India Sports Council. It was a colourful scene, at the Ravindra Sarovar, with the audience cheering the marchpast of competitors from the different states and the Union Territories. The torch-bearer, Namita Ghosh, lit the flame and Anita Brahma took the oath on behalf of the participants.

Besides athletic contests, various other contests simultaneously took place at various centres of the city. The sports festival finished with West Bengal emerging overall champion with 34 points, Punjab second with 18 points and Maharashtra third with 12 points.

MADRAS

The Bajaj Electricals held a "Meet the Consumer" programme at the Hotel Sudarshan International in association with the Women's Indian Association. Prizes for the best suggestions and questions were awarded, which were distributed by the chief secretary to the Government of Tamil Nadu, Mr. V. Karthikeyan. Earlier a Bajaj sales and service showroom was inaugurated by the Governor of Tamil Nadu, Mr. Prabhudas Patwari. As part of their social responsibility, the Madras office had adopted the village Mangadu on the outskirts of the city.

POSTPONED

The Hamid Sayani Foundation has postponed its premiere of 'Hungama Bombay Ishtyle', a Children's Film Society film directed by Siraj-Ayesha Sayani, to February 28, at 9.30 p.m. at the Metro, Bombay. The proceeds will go to the Trust Fund.

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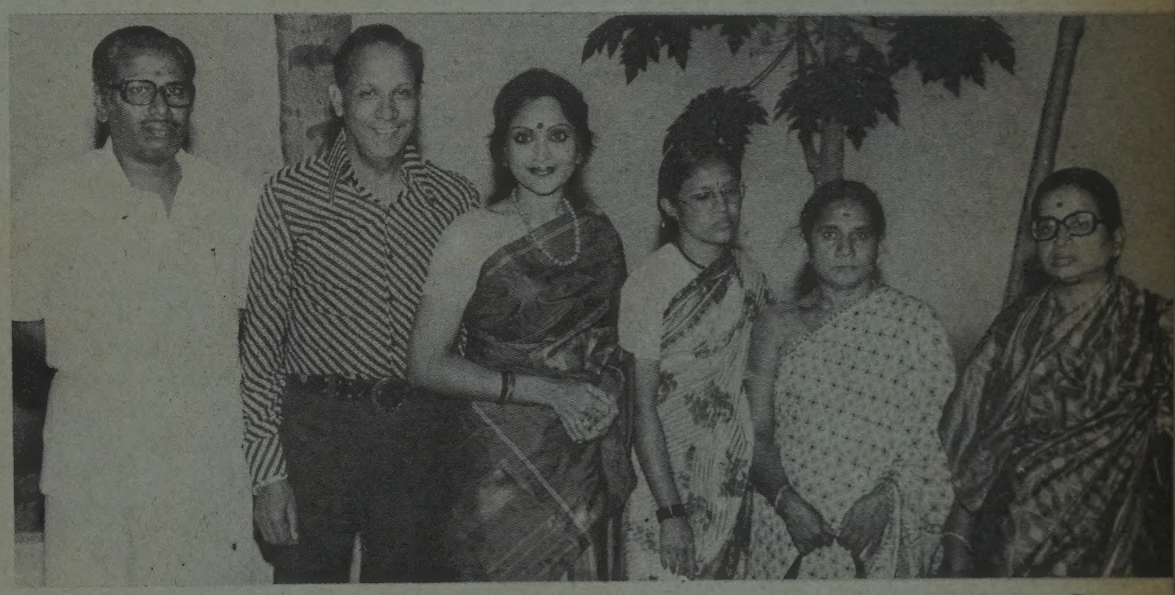

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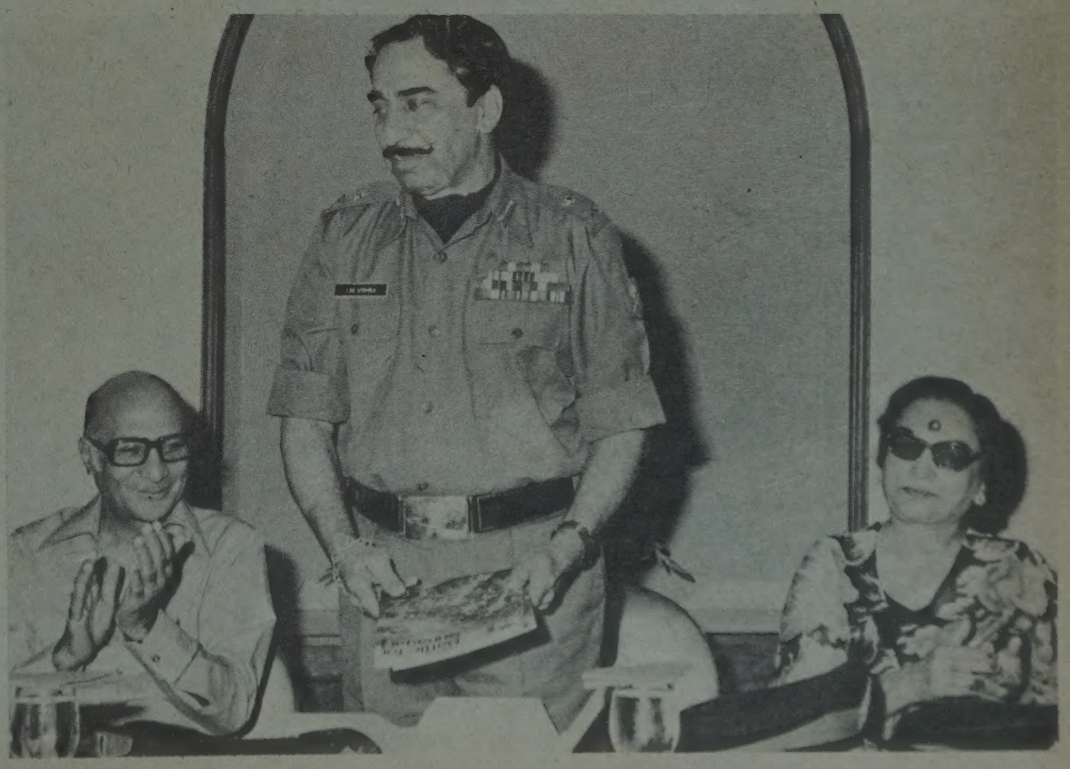

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4. Aloka Panikar, noted Odissi dancer, seen with Mrs. Padma Chib, wife of the Indian ambassador to Egypt, on her recent visit to Cairo for our Republic Day celebrations there.

5. Mahalaxmi Jaycees, Bombay, the 1st all-woman chapter in India, installed Memoona Rajkotwala (left) as their president for 1979. Outgoing president, Dilnaaz Patel congratulates Memoona after administering the oath to her, while Jaycees national president Dinesh Shah looks on.

6. Mrs. Vyjayanthimala Bali and Dr. Bali (3rd & 2nd from left) seen with journalists at a press get-together hosted by them in Madras.

7. Major General I. M. Vohra, G.O.C. Maharashtra & Gujarat area, releases Amar Chitra Katha's new title, "The Battle for Srinagar". At left is Mr. G. L. Mirchandani, trustee of India Book House Education Trust, and at right, Mrs. I. M. Vohra.

THIS WEEK FOR YOU

FOR THE WEEK FEB. 24 — MAR. 3

John Naylor

IF IT'S YOUR BIRTHDAY THIS WEEK:

The influence of Saturn on your affairs this coming year means that you are entering a new chapter of life and experience. Don't expect — or wish — for things to continue along present lines; it is time to take stock of your life so far and to make necessary changes. If you don't do this, then fate will do it for you. You might be short of money at times, probably because you are making efforts to progress or to ensure future security, financially. However, it is unlikely you'll be short of a beau. Ardent stars bring excitement, could also bring complications if you are headstrong in the first part of 1980. If you have overseas connections, it is possible you will decide to settle in another country.

ARIES
(Mar 22 — Apr 20)

That sense of happy anticipation you feel is not misplaced. Changes are due soon and will be beneficial to you, so don't fight these. This week is better for getting plans into shape than for rushing into things.

TAURUS
(Apr 21 — May 21)

Your fortunes should prosper in the months ahead and this week a new trend begins in social life which will throw you together with people who can be useful to your aims as well as provide amusing companionship. Don't discard hopes and wishes; these can succeed. Try to widen out your activities.

GEMINI
(May 22 — June 21)

There will be plenty of social activity, outings, parties, sporting events. Yet, you might have more mundane issues on your mind. It could be that you have to take a decision and are torn between more than one possibility. In general, your stars favour new methods and ideas.

CANCER
(June 22 — July 23)

You are sensitive by nature and your tender feelings may have been bruised recently. As this week ends, so Venus moves out of opposition to your sign — the end of a series of adverse transits which have affected you since late 1978.

LEO
(July 24 — Aug 23)

You like to spend but you should try to economise throughout March. For one reason or other, outgoings will tend to rise or, alternatively, cash expected will be delayed. However, should sports gear or any household equipment need attention, it would be unwise to save on this.

VIRGO
(Aug 24 — Sept 23)

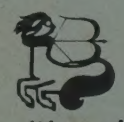
It seems you will be rushing around, mostly on behalf of others. An exceptionally busy week with the Sun, Mercury and Mars all in adverse position to your sign. It is not a good time to make changes — or take decisions — but some may be forced upon you.

LIBRA
(Sept 24 — Oct 23)

You will need to fit in with the arrangements of loved ones, perhaps by helping out in a practical way. However, life begins to get pacy for you next week, this trend continuing for some time, so keep yourself in order too.

SCORPIO
(Oct 24 — Nov 22)

You are in a rather fortunate period; some unexpected, if minor, strokes of luck will occur over the next few weeks. Be sure to rise to opportunities in all areas; your personality has that extra something which attracts others to you. A light-hearted week with romance in the air.

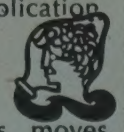


SAGITTARIUS
(Nov 23 — Dec 22)

There is a special emphasis on home life and the affairs of relatives — a celebration may be on the way. If you are considering a change of residence, put some feelers out, set wheels in motion. Later in March, a romantic period begins.

CAPRICORN
(Dec 23 — Jan 20)

A busy period begins and a lot of movement this week could mean some nice surprises. The more you get around the happier and luckier you will be, so get into everything that's going on. There is indication of a pleasing response from a recent application.



AQUARIUS
(Jan 21 — Feb 19)

Venus, planet of love and happiness, moves into your sign and stays with you for most of March. Your charm will be potent and your luck hold good. Make the most of the friendly atmosphere around you, cultivate influential contacts. Should unexpected money some in, try to save some, for June to September could bring extra outgoings, perhaps a financial squeeze.

PISCES
(Feb 20 — Mar 21)

If you are short of companionship, you won't be for long. You are heading into your most fortunate phase of 1979 and should seize your chances to dig yourself in where it will do you some good. Cement present business contacts but also put a lot of accent on personal relationships.

Eve's Weekly

Quiz Contest-19

HEGMAN

1. A recently discovered asteroid was named in honour of the Camp David talks. What name?
2. Devika Rani, noted filmstar, married twice, her second husband being the famous artist S. Roerich. Who was her equally famous first husband?
3. Who placed the crown on Napoleon's head at his coronation?
4. Where today would you expect to find Hell, Julius Caesar, Ptolemacus and Archimedes?
5. Who was the first poet laureate?
6. Who founded the Dravida Kazhagam in Tamil Nadu?
7. Name the famous Indian poet whose autobiography is entitled "The Revenue Stamp".
8. Which day of the year is celebrated as Army Day?
9. Name the first international Hindi magazine released recently by Mr. Morarji Desai.
10. What class of animals do zoologists call Aves?
11. What is ergophobia the fear of?
12. Rhebus and connundrum are both puzzles. What is the difference?

This is the nineteenth of our fortnightly Quiz Contest series. Eve's Weekly offers a cash prize of Rs. 50.00 to the winner — i.e., the person whose all-correct solution is picked up first from among those received on or before the deadline. The deadline for Quiz Contest 19 is March 3, 1979.

There is no entry fee. Please mark 'Quiz Contest 19' on the outside of your envelopes.

The answers to Quiz 18 will appear in our issue of March 10. The answers to Quiz 19 will appear in our issue of March 24.

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